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THE
BEST
GET-FIT
GIFTS
p53



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butt

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December 2015
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contents

A woman with long, dark, curly hair is the central figure. She is wearing a black sports bra and blue leggings. She is posing with her hands on her hips, looking off to the side. The background is a plain, light-colored wall.

SHAPE / December 2015

p142
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Gigi is wearing New The Falsies® Push Up Drama™ Mascara in Very Black.

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p156



Cover Stories

- 44/** Amazing hair in minutes
- 50/** #1 trick for a smaller butt
- 53/** The best get-fit gifts
- 87/** Flat belly now!
Fast move for lean abs
- 124/** The 15 best songs for sex:
Science says so!
- 138/** Ellie Goulding: Fit & fierce
- 142/** Mind-body makeover:
Trim thighs, slim waist,
blissful mood
- 150/** Overnight detox: Delicious
meals that clean & heal

Workouts

- 75/** Find the joy in sweat
- 78/** Burn rubber
- 87/** Your abs: Firmer, flatter
- 88/** Sculpt every inch
- 96/** Tryathlete: Snowshoeing
- 100/** Ask Jac
- 142/** Burn more, stress less

Motivation & Inspiration

- 14/** Socialize!
- 18/** Letter from the editor
- 23/** You Right Now
- 53/** Shape gift guide
- 119/** Wake up energized
- 124/** Music that makes sex sexier
- 126/** Make your travels easier,
healthier, and happier
- 138/** Ellie Goulding:
We love her like we do!
- 164/** Movers & Shapers:
Sierra Quittiquit



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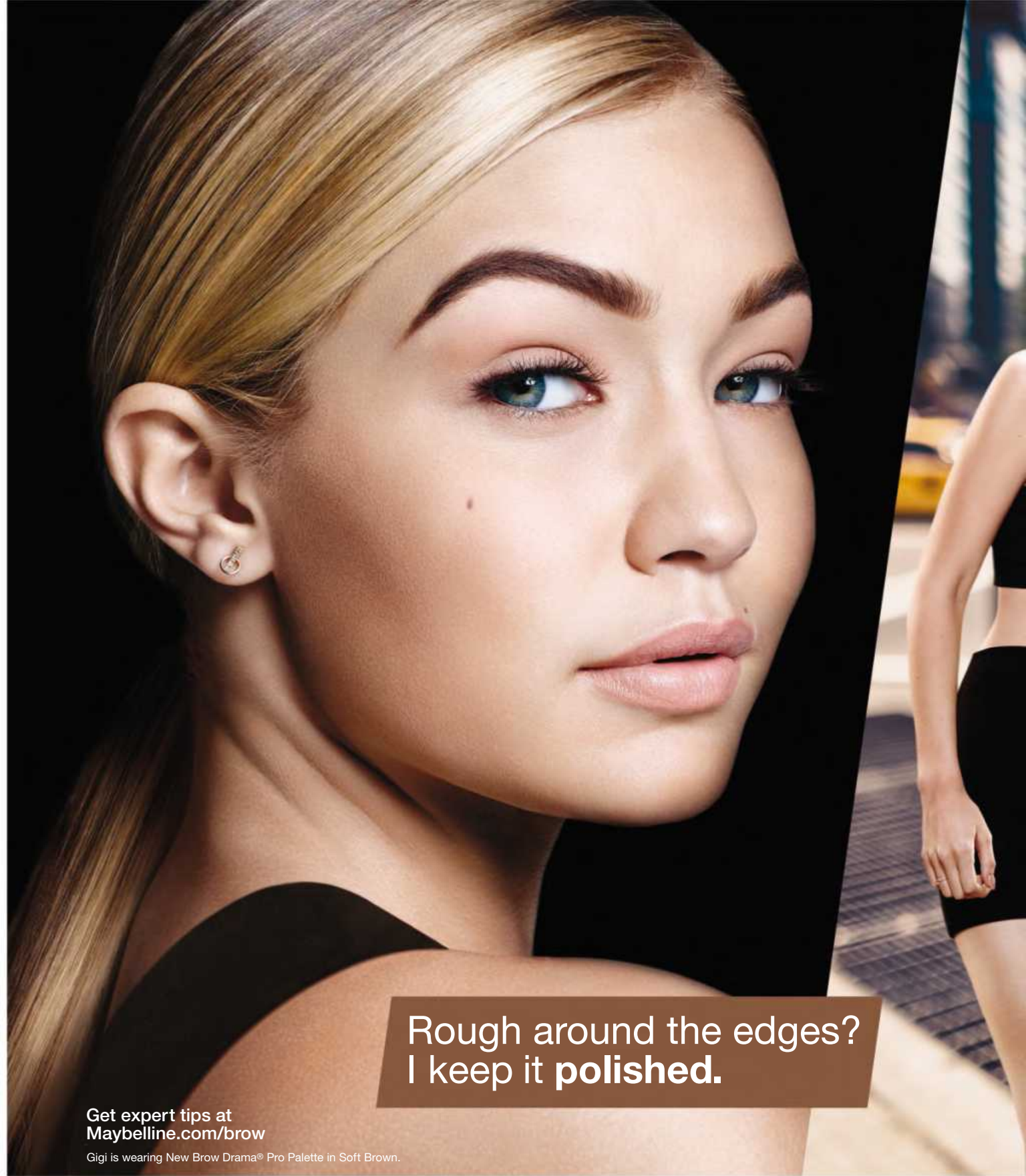
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1

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3

/ HIGHLIGHT FOR ACCENT

NEW

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NEW YORK

contents

Food & Nutrition

103/Veg out tonight

106/New & Easy:
Power truffles

110/Empower Lunch:
The best meals to grab
and go

112/Made for Each Other:
Salad and eggs

114/The healthiest
new oils

150/Delicious detox

Weight Loss

108/Eat This! Not That!

130/Holiday-proof your
weight loss

p150



p42

Beauty

35/Light up your look

38/Beauty Guru:
Tim Quinn

42/Indigo, girls!

44/Amazing hair in
a hurry

50/Cheryl Overshares

156/Go for gold

Style

68/Find your perfect
puffer

72/Shape Your Style:
Jennifer Lopez

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◀ **ON OUR COVER** Photograph by Nino Muñoz. Styling by Audrey Slater; hair by David Von Cannon/Streeters; makeup by Lucy Waring for Tom Ford Cosmetics; manicure by Julie Kandalec/Bryan Bantry for Dior Vernis; set styling by Anthony Asaro/11th Street Workshop. **On Ellie:** Asteria Active shrug (\$110, asteriaactive.com). Ultracor sports bra (\$121, matchesfashion.com). American Apparel shorts (\$38, americanapparel.com). Michelle Campbell ring (\$165, campbelljewelry.com). **Makeup:** To get Ellie's gorgeous cover look, try the following from MAC Cosmetics (available at maccosmetics.com): Mineralize Multi-Effect Lash (\$22). Veluxe Brow Liner in Strawberry Blonde (\$21). Mineralize Skinfinish Natural in Light (\$32). Powder Blush in Pinch O' Peach (\$22). Mineralize Rich Lipstick in Pure Pout (\$23).



p96





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Socialize! Post, pin, tag, and tweet!

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4,153

Number of repins we had on our can't-believe-it's-vegan cookie recipes



Thumbprints! Pecan balls! Chocolate peppermint cookies!—all of your festive favorites made butter-and-egg-free but still blow-your-mind good. Find the recipes at pinterest.com/shape-magazine and get baking.



GET THE HOTTEST WORKOUTS FREE!

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Your December, less stressy



Got 60 seconds? That's all you need to ace the crazy this month. Follow us on [@Shape_Magazine](https://www.instagram.com/Shape_Magazine) for healthy #HolidayHacks to whip up a fancy cocktail, fit in a round of HIIT, and get party-ready faster than you can say Rudolph the Red-Nosed Reindeer. These quickie videos really take a load off.



TWITTER TALK

What's the one beauty product you always buy organic? —@FitnessMagazine



"Flavored lip gloss. When you can't help but lick your lips, it's better to be safe than sorry."

—Dr. Whitney Bowe, @DrWhitneyBowe, a dermatologist in New York City



"I'll use only organic body lotion and oil. Our skin is our biggest organ, and it absorbs tons of chemicals and toxins on a daily basis."

—Gita Bass, @BassGita, a makeup artist for Simple Skincare



"I love 100% pure organic shea butter to hydrate skin + I use a small amount on the ends of dry hair to add moisture."

—Sarah Potempa, @sarahpotempa, a celebrity hairstylist



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look great
gift guide

go BIG
GIVE THE GIFT
OF OMG.



1 RIDE DIRTY

Serious bikers will get giddy over the **Specialized Hellga** (\$1,500; specialized.com), the first women's-specific fat bike. Extra-wide tires grip more ground, so surfaces like snow and sand are no longer off-limits.

2 FLY LIKE A BUTTERFLY

Frequent fliers can happily hoist the high-gloss multiwheel **Rimowa Salsa Air** suitcase (\$475; rimowa.com) into overhead storage with no problem. It weighs 30 percent less than the covetable brand's original Salsa case.

3 IN A WINTER WONDERLAND

There are those who hibernate during winter. **Tubbs Flex RDG Snow** shoes (\$190; sportsauthority.com) are for the others, who shine in the snow and dial system provides a perfect fit with

WIN

WHAT'S NOW
AND NEXT
FROM OUR
GIFT GUIDE!

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Nothing is more motivating than watching your progress unfold, right there on your wrist.

THE TAKEAWAY

Change the gifting game

What does taking 10,000 steps a day look like? For me it means walking to my morning workout, doing the workout, walking to the subway, navigating the underground labyrinth that leads me to my midtown Manhattan office, walking to meetings, walking to get lunch, walking down and around the halls to chat with *Shape* staffers, then getting back home via that same pain-in-the-butt subway route. How do I know this takes 10,000 steps (approximately 4.7 miles traveled)? My Fitbit tells me so, with a celebratory buzz and a congratulatory email. There was a time, let's call it BFB (Before Fitbit), when determining whether I had moved enough throughout the day was a guessing game. Which seems quaint, almost, now that all it takes is a quick glance at the number displayed on my wrist to decide if I need to do laps around my living room at night to make that 10K goal (the recommended number of daily steps to stay fit and healthy). The tracker's precision has recalibrated my behavior from morning to night, and the best part is that I can actually see the rewards in weight lost, energy gained, and muscle built. In all honesty, BFB, I was overestimating my daily fitness, especially on days I had already worked out, where (subconsciously so) I tended to move less. Now I know the truth, and it keeps me honest.

That is why at *Shape* we are anointing the Fitbit as a healthy-living game changer, and one of the best gifts you can get for someone you care about. It's a no-brainer: The feedback this tracker gives you—straightforward, judgment-free personal data—makes getting fitter, slimmer, and healthier not only easier than ever but also measurable. And nothing is more motivating than watching your progress unfold, right there on your wrist.

Elizabeth Goodman Artis,
Editor in Chief



TALK TO ME!

Email me at askelizabeth@shape.com with thoughts, questions, and feedback. And follow me on Instagram @EGAEDITOR.



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6-12



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I WALK INTO.”



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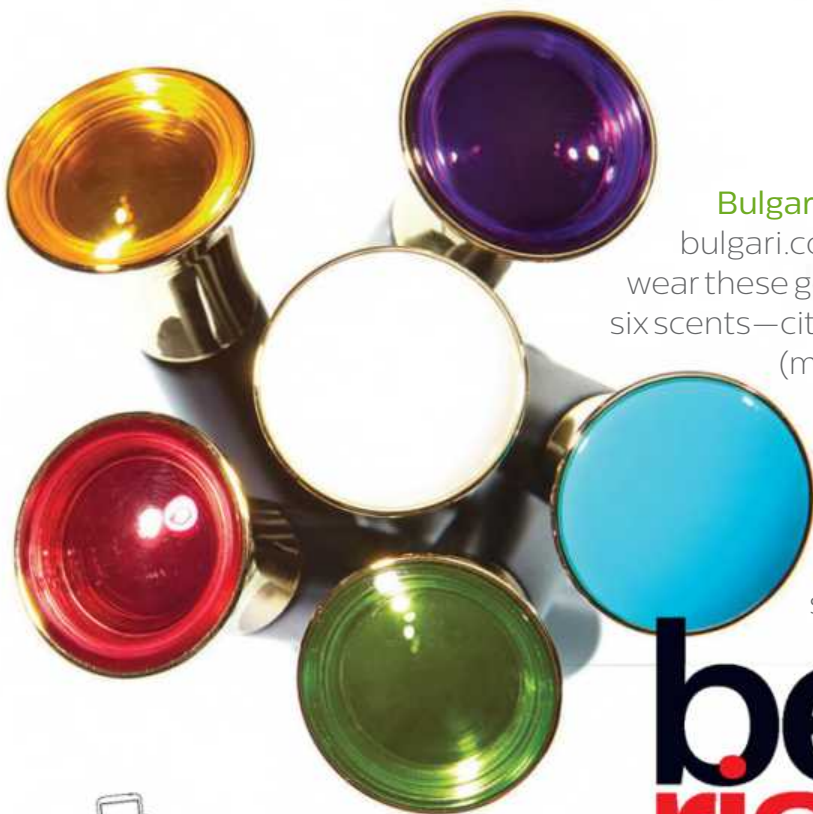
GET YOUR REPS
Resistance bands,
dumbbells, and
body weight
can all do this
slimming trick!

Join the resistance

Cardio, and especially HIIT, may get all the buzz for its fat-melting magic, but research suggests that strength training alone can trim flab and also net you lean muscle. A study in *Medicine & Science in Sports & Exercise* found that exercisers who stuck with a toning plan **lost fat and firmed up**, while those who solely did cardio shed fat but didn't gain muscle. Like HIIT, strength workouts help rev fat oxidation—the process that breaks down fat for fuel—says study author Clemens Drenowatz, Ph.D. “But while some people may not be able to sustain the cardio intensity required to change their body composition, they may be able to reach or beat the necessary resistance-exercise intensity.”

Smell like A MILLION BUCKS

The new miniature fragrances in the **Bulgari Le Gemme Collection** (\$155 for the set, bulgari.com) look fit for your jewelry box, but you wear these gems a bit differently. Spritz on one of the six scents—citrusy Maravilla (citrine), woody Calaluna (moonstone), floral Ashlemah (amethyst), minty Lilaia (peridot), spicy Noorah (turquoise), or fruity-floral Amarena (tourmaline)—to suit your mood, or mix and match as the day goes on. Even better, these portable pretties slip easily into your travel kit or gym bag.



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beauty right now

The grown-up glam mani

For glittery nails with a little edge, sport this look from celebrity manicurist Julie Kandalec, the creative director for Paintbox nail studio in New York City: Apply two coats of an opaque black polish, then dip a toothpick or a nail-striper brush into sparkly silver polish and draw a thin line from the bottom center of your nail toward the tip. (We used **Whim polish in LBD and Heavy Metal**, \$10 each at ulta.com.) “The dark base makes that simple strip of shimmer totally eye-catching,” Kandalec says. Take your mani to the next level by adding the stripe to just your ring and middle fingers and adorning them with silver jewelry.



(RED) ALERT!

This **Fresh Suga(RED) Lip Treatment** is not just another pretty case. The limited-edition sheer lip balm is the first beauty product to benefit (RED), a global organization that raises money and awareness to fight AIDS in Africa. That means 25 percent of the retail price goes to the Global Fund and can provide two weeks of life-saving medication. Softening your lips for a good cause—now that’s da balm.



HEAL WITH A KISS
Fresh Suga(RED) Lip
Treatment Sunscreen
SPF 15 (\$23, fresh.com).



Oh what fun!

Merry masking and happy new skin

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Fresh Rose Face Mask \$62 | **Origins** Clear Improvement Active Charcoal Mask \$25

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These might just be our new work uniform. Polished, professional pieces by **Aella**, including the **High-Waist Flare pants** (\$148, aella.co) shown here, wear like play clothes. Each style is made from the brand's proprietary fabrics, which have the feel of your favorite yoga pants on the inside but look like they mean business on the outside. Plus, everything in the collection is machine washable, preshrunk, UV-blocking, and less than \$200. Buh-bye, dry cleaners.

**SUIT UP,
LEAN IN,
KICK BACK**



style right now



Bling + boing = SNEAKER CHIC

Holy sparkle! Wearing these sneaks is sure to get you in the holiday spirit—and light a fire under your sprints. The designers behind **Athletic Propulsion Labs**, twin brothers Adam and Ryan Goldston, started out with the idea of creating shoes that would not only give athletes an edge through innovative technology (these have enough spring that they were banned by the NBA) but also incorporate fashion-forward design. The special edition **TechLoom Pros** (\$140, aprunning.com) score on both fronts. Catch us wearing ours with an LBD—if you can.



ROCK THE SEASON'S GO-TO WATCH

A sporty reinterpretation of classic tortoiseshell, Nixon's bold acetate **Time Teller watches** (\$125 each, nixon.com) are anything but prim. These on-trend tickers are sweat-safe, so they pair just as well with your workout duds as they do with your everyday outfits.

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STEAL THIS MANTRA

"It's not about being the best; it's about being your best."

—Skylar Diggins, basketball star for the WNBA's Tulsa Shock, via Twitter @SkyDigg4



Good news! CYCLING MAKES YOU RUN STRONGER AND LONGER

So finds the latest study in the *Journal of Strength and Conditioning Research*. Runners who did three weekly HIIT cycling workouts—consisting of six 10-second all-out sprints alternated with 30- to 80-second rests—along with 25 miles of running, improved within two weeks. Those who rested for 30 seconds between intervals trimmed their 3K time by up to 7 percent, and those who rested for 80 seconds boosted their endurance and power. Researchers say such HIIT cycling helps you push harder than you would by just running more, plus it reduces the pounding on your body and slashes your workout time.



FAST FORWARD

One cycling sprint session takes as little as three-and-a-half minutes but gets you big running speed.



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AND SCAN THE PAGE.

Zero

The heel-to-toe height difference (a.k.a. the drop) your sneaker should have for better balance during boot camp. In a study, exercisers wearing kicks with a six-millimeter drop—like many running shoes—were more unstable in a balance challenge than those who wore sneakers with lower heels or who went barefoot. A cross-trainer like this **Nike Free Cross Bionic 2** (\$110, nike.com) has a zero drop; you can typically check the specs of a sneaker online before you buy.

SOURCE: Utah Valley University



MELT MUSCLE SORENESS

If you haven't started foam rolling yet, this latest incarnation from **Vyper** (\$225, hyperice.com) will convert you. Thanks to a mini motor inside, the roller supplies high-intensity, high-frequency vibrations to increase circulation and help loosen muscles even more as you massage. (Just ask athletes Lindsey Vonn and Hope Solo, who are devotees.) Recent studies in the *Journal of Strength and Conditioning Research* show that foam rolling not only reduces muscle soreness and stiffness but can also improve hip and hamstring flexibility. When you're ready to roll, see fitnessmagazine.com/foam-roller for how to unkink your legs' tight spots.

Clockwise from top: David Livingston/Getty Images; Trunk Archive; courtesy of Vyper; courtesy of Nike

CHRONIC MIGRAINE

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If you're getting hit by migraines with 15 or more headache days a month, each lasting 4 hours or more, **talk to a headache specialist and learn how you can fight back.** Visit us online.

MYCHRONICMIGRAINE.COM

Slice open the Stokes variety, which is red-purple on the outside, to reveal a purple center whose color becomes even deeper when cooked. Just picture the splash it would make as a mash.

MASH UP

FAB FRIES

The Hannah (light brown skin) and Japanese (red skin) types are white inside and have a dry texture but a sweet taste. Try them in a hash or as oven-baked fries, suggests Chris Romano, a global produce coordinator for Whole Foods Market.

nutrition right now Super tubers

Think beyond the standard sweet potato this season and try some of these varieties for their bold hues and delicious flavor profiles. Here's a sampling of the tastes that await you.

GET BAKED

Jewels and Garnets may seem alike in shape and shade (and their dose of antioxidants), but that's where the similarities end. For a nuttier flavor (à la butternut squash) that's very sweet, go for the Garnet, which has slightly darker skin, Romano says. For a buttery bite, choose the Jewel, which has pumpkin-colored flesh.

COCONUT H₂O TO GO

We're loving the latest twist on our favorite tropical health drink: new Aloha Coconut Water Powder (\$15 for a six-ounce bag, aloha.com). Add two teaspoons (45 calories) to your water bottle for an instant electrolyte-filled postworkout drink, or use it instead of sugar in your morning coffee or tea, smoothies, and baked goods.

Food styling by Brett Kuzwell/Art Department; prop styling by Emily Mullin/Hello Artists

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Plastic products stamped with these numbers inside the recycling symbol should be avoided. They contain two types of phthalates, di-isononyl and di-isodecyl, which can elevate blood pressure. Stick with stainless steel or glass food containers and water bottles whenever possible, and avoid putting any type of plastic in the dishwasher or microwave—heat causes the release of chemicals like phthalates.

SOURCE: Hypertension

You and your crew SMILES ARE VIRAL; SNEERS ARE TOO

Mind your attitude, say researchers at the University of Florida, because rude behavior can rub off on those around you. “People tend to automatically mimic the facial expressions, speech inflections, and postures of the people they’re speaking to. That sets the condition to ‘catch’ others’ emotions, both positive and negative,” says social psychologist Elaine Hatfield, Ph.D., a coauthor of *Emotional Contagion*. Don’t snap at your family and friends when you’re stressed, Hatfield says. Instead, take a few minutes to go for a walk or to do some deep breathing. Come back with a smile and you’ll lift the mood of everyone in the room—yourself included.

PLAY NICE

Seeing someone act rude can affect your behavior for up to a week afterward.



health right now



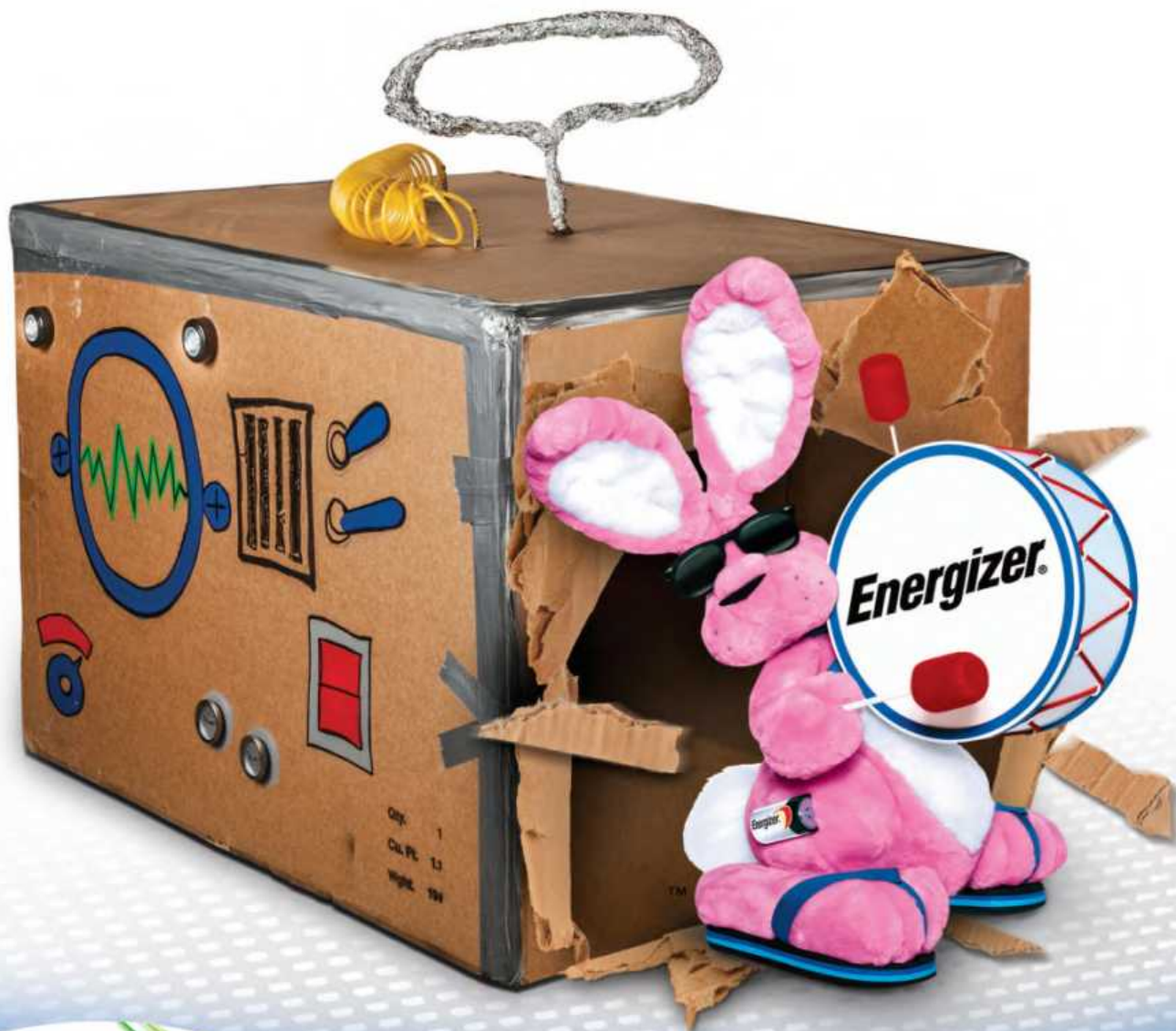
Here’s your reminder to winter-eyes

Gray and snowy outside? Grab your sunglasses. “Ultraviolet light goes right through clouds, and as much as 80 percent of those rays can be reflected by snow and ice and sent directly into your eyes,” says Jeff Pettey, M.D., a clinical spokesman for the American Academy of Ophthalmology. (In comparison, grass reflects just 10 percent.) Over time, that exposure can damage your retina and lead to problems like cataracts. Pick any style that blocks 99 percent or more of UV radiation. Now that’s cold-weather chic.

OW!

Shout it out during boot camp and you could muster a few more reps. In a study at the University of Singapore, people who “vocalized” (that is, said, “Ow!”) were able to withstand pain for 30 seconds, about five seconds longer than those who kept their lips zipped. “The muscle movements required to cry out or grunt may actually interfere with the pain messages being sent to the brain, distracting you from the discomfort,” explains researcher Annett Schirmer, Ph.D. Even more potent pain relief: swearing, according to earlier research. Doing so activates your fight-or-flight response, which has an analgesic effect—though maybe save the four-letter words for when you’re lifting solo.

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you feel?*



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beauty & style playbook

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Light up your look
Glowy, lit-from-within skin isn't just the big statement in beauty this season—it's also yours. Ace this one makeup move.

By KELSEY CASTAÑON

DBright eyes. A radiant complexion. Cushiony lips. Get them all by strobing, a highlighting technique that uses strategic placements of shimmer to act like a spotlight on your face. "You can compare it with how you look in a photo taken with a flash: The light completely brightens your skin and makes your features pop," says Daniel Martin, a celebrity makeup artist for Dior. "It's a perfect pick-me-up during the winter months, when your skin starts to look dull." And now it's easier than ever to achieve your new luminous look: Simply choose your preferred level of wattage on the following page to create a beautiful glow—#nofilterrequired. →



Subtle sheen

For a slight gleam under natural lighting, you'll want to stick with just a few products. Prep your skin with a sheer illuminating base [A] for an all-over soft-focus finish. "The goal is to blur and smooth imperfections while adding a bit of luster," Martin says. Then dab an illuminating pen [B] along the puffy part beneath your eyes to give them a little lift and look instantly awake. "This is a classic beauty trick in Asia," Martin notes. If it's the a.m., you're done. "Anything more and you'll look too shiny for daytime."

Low-wattage radiance

To supercharge your glow in the evening, you'll need to use that same illuminating pen, but "it's all about location, location, location," Martin says. "If you apply it everywhere, you lose the light-catching dimension." Dab a highlighter onto small areas like your cupid's bow (to make your lips appear full and juicy, Martin says) and the inner corners of your eyes (to brighten any shadows and blue tones). Then, to subtly illuminate the rest of your face, you'll first want to consider your skin type. A cream [C] goes on more evenly if you are dry, but if you're oily, reach for a powder [D], which won't slide. And no

[A] Becca Backlight Priming Filter (\$38, sephora.com)

[C] Nars The Multiple in Copacabana (\$39, narscosmetics.com)

The six glow pros you'll need

[B] Bliss Accent Lighting Brightening Stick (\$20, kohls.com)

[D] Diorskin Nude Cosmopolite Illuminating Face Powder (\$45, dior.com)

[E] Physicians Formula Mineral Glow Pearls Powder (\$13, drugstores)

TIP
If you'll be taking pics without a filter, make sure to pat your skin with a blotting sheet so you don't look shiny.

[F] IT Cosmetics Live Beauty Fully Flawless Powder Brush (\$36, ulta.com)

matter your skin type, skip your forehead and chin because those areas already have a little natural shine. Then lightly sweep the highlighting formula across the top of your cheekbones to add dimension. To slim your nose, apply a thin strip of shimmer from the bridge down to the tip. Using your fingers, blend it in circular motions to soften the effect.

High-beam strobe

For an all-out glam makeup look that plays up your party dress, top your highlights with an illuminating powder [E] that contains pearl pigments. "These kinds of powders are the most reflective, so they'll catch the most light," Martin says. But because they are so reflective, it's easy to get carried away and end up looking like a Christmas tree ornament. To control your glow, lightly dust the powder all over with a fluffy dual-fiber brush [F]. "The white bristles pick up less than a foundation brush, so you can distribute the powder more evenly for a natural effect," he says. Got a little too strobe-happy? Apply a dab of matte foundation where you want to tone down the shine. "That will cancel out the radiance faster than wiping it off with a tissue," Martin says. ★

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3 burning questions for Giorgio Armani makeup artist Tim Quinn

Q&A

“I’m not into glitter. How else can I step up my look for New Year’s Eve?”

—Jennifer, 46, Rowayton, Connecticut

It’s all about a glamorous lacquered lip. It should be bold, shiny, and red. I feel as if red scares people, but it really shouldn’t. Everyone can pull off some variation of red in a glossy finish. And if you keep the rest of your makeup subtle—semi-matte foundation, a soft blush, a touch of mascara—you’ll look glamorous but still natural. I like using a liquid lipstick; a lip gloss works, too. To make the color last, you’ll want to fill in your lips with a red pencil, paint on a thin coat of lipstick or gloss, blot, and then paint on a second thin coat.

“How do I shift my work makeup to evening mode without starting over?”

—Marjorie, 31, New York City

The big mistake here is to think you should just add more makeup all over. Instead, either go with the bold lip I described or emphasize your eyes: Apply a cream shadow



Our guru’s go-tos

NO-FAIL RED

Giorgio Armani Ecstasy Lacquer in Red Chrome (\$38, giorgioarmanibeauty-usa.com). This is perfect for shiny red lips. Apply two coats; the second layer creates the lacquer finish.

BODY MAKEUP FIND

Urban Decay Naked Skin Body Beauty Balm (\$32, urbandecay.com). It’s a cream that contains light-reflecting makeup. Apply it just like body lotion and you’ll look amazing in photos!

QUICK GLOW-GIVER

Giorgio Armani Crema Nuda (\$200, giorgioarmanibeauty-usa.com). The tinted face cream evens out skin tone, blurs fine lines, and creates a radiant complexion. You won’t even need foundation.



LIP SERVICE

Tim Quinn gets Olivia Munn party ready.

in navy, green, or gray across your upper lashes; then use your ring finger to smudge the color onto your lids for a smoky effect. Do the same thing on your lower lash lines, but blend toward the outer corner of your eyes. For either look, don’t skip blush entirely. Choose a powder formula in an understated rose-gold shade, like **Lancôme Blush Subtil in Rose Tendresse** (\$31, lancome-usa.com), and dust it on the tops of the apples of your cheeks and across your cheekbones to emphasize your bone structure. That’s it!

“What’s the magic trick to not looking as run-down as I feel during the holidays?”

—Natalie, 35, Plano, Texas

Focus on your eyes. The first thing I do is to put in **Collyre Bleu**

eyedrops (\$36, amazon.com). The formula contains a blue tint that counteracts the yellow in your eyes to make them look brighter. It’s so, so good! Or use a blue-tinted mascara, which will work the same way. Then smooth a peachy-pink concealer, called a color corrector, under your eyes, but only near the inner corners—the color hides the dark shadows that are there and make you look tired. I like **Giorgio Armani Master Corrector in Pink** (\$35, giorgioarmanibeauty-usa.com). Layer your usual concealer on top of it to blend the peach hue with your skin. Also, keep a light-reflecting eye cream in your handbag. If your concealer settles into fine lines or gets old looking, tap the cream on with your ring finger to reactivate your concealer and illuminate the whole area. ★

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in Fancy (\$18,
butterlondon.com)

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Nailed Lacquer in
Filth Noir (\$18,
neimanmarcus.com)

OPI Nail
Lacquer in
Viking in a Winter
Vonderland (\$10,
ulta.com)

Chanel
Le Vernis Nail
Colour in Vibrato
(\$27, chanel.com)

Julep Nail Color
in London
(\$14, julep.com)

Sally Hansen
Miracle Gel
in Beatnik
(\$10, drugstores)

Indigo, girls!

It's the sexy,
sophisticated
mani shade
of the season

By CHERYL KRAMER KAYE

T

The latest finger paints are grown-up and glamorous—and going to stick around for a while. “The deep jewel-toned hues of these purple and blue polishes create an elegant look for the holidays, but they also play into the rich and saturated trend for winter,” says OPI cofounder and brand ambassador Suzi Weiss-Fischmann. Meaning, go ahead and grab yourself a bunch of bottles to play with. Our picks are pigment-packed for the sexiest impact.

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By KELSEY CASTAÑON

Slash
blowout time
in half.



1
MINUTE

Do a turbo towel-dry

↑ Postshower, pat drenched hair with the super-absorbent **Earth Therapeutics Microfiber Towel** (\$18, earththerapeutics.com), focusing on your roots. "They take the longest to dry," says Monica Thornton, a cofounder of the RPZL salon in New York City.

30
SECONDS

Comb quicker

↓ Untangling knots can be a time suck. Spray on **L'Oréal Paris Advanced Haircare Power Moisture 10-Second Hydra-Detangler** (\$7, drugstores) to soften up the snarls in a snap.



30
SECONDS

De-frizz fast

↖ **Spritz Shu Uemura Art of Hair Straightforward** (\$39, shuuemuraartofhair-usa.com) a few times on damp hair and its cocktail of omega-rich oils coats strands and wicks away moisture.

10
MINUTES

Get the right brush for a rush

→ Reach for the **1907 by Fromm Square Thermal Brush** (\$17, ulta.com). Its ceramic barrel distributes heat evenly as you dry, plus the tool's "squoval" shape lets you customize the bend in your blowout.



10
MINUTES

Go with the wind

↖ Use a blow-dryer that has ionic technology and at least 1,800 watts of juice, like the **T3 PROi Dryer** (\$350, sephora.com). A high-powered motor trims drying—and frying—time, while ions break down water molecules fast.



6
MINUTES

Whip up some waves

↖ With the push of a button, the **Sarah Potempa Beachwaver S1** (\$129, ulta.com) does the curling for you. Its rotating barrel is so goof-proof that a good hair day is practically guaranteed.

10
MINUTES

Streamline your straightening

→ Curly girls, rejoice! The **Revlon Pro Collection One-Step Dryer and Styler** (\$50, target.com) is the first paddle-brush-meets-hair-dryer hybrid that frees up a hand, so you can check your phone, sip your coffee, or fish for a lipstick as you style.



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*Data on file

**TrulyRadiant.com



Orange is the new red

My grandma Gerry was, and still is, my beauty idol. In her youth, she was a model, which is how she met my grandfather, a dress buyer. She had bright blue eyes, Lucille Ball–orange hair, and lipstick to match, which always made it easy to know which glass she had been using. A few years before she died, she complained to me that her favorite Coty lipstick shade had been discontinued, and could I help her find a match? But while pinks and reds abounded, the orange options were really limited. I took one of her tubes to my friends at Three Custom Color Specialists, who whipped her up a perfect color- and texture match (they'll do the same for you at threecustom.com). Flash forward 15 years and suddenly orange is everywhere—on beauty counters, on runways, and on me! I finally understand the power an orange lip packs: It's bold and fun but without the overtly sexy implications of red. And while I'm not quite ready for the super-saturated traffic cone orange she favored, I am enjoying more wearable variations of the shade. The Guerlain and Laura Geller colors both have a hint of pink, a cool hue that balances orange's warmth and makes it flattering for more skin tones. And I layer the bold orange Touch In Sol over pinky lip balm for the same effect. Grandma would be proud.



Guerlain Maxi Shine Gloss D'Enfer in Nahema Smack (\$30, guerlain.com). Laura Geller Baked Sculpting Lipstick in Lexington Ave. Coral (\$21, ulta.com). Touch In Sol One Second Vivid Lip Crayon in Wild Tangerine (\$16, sephora.com).

TIP

Orange lips go best with peachy, rather than pink, cheeks.

The bigger my hair, the smaller my ass

I've always wondered what it would be like to cut off all my hair, to get myself a pixie cut à la Mia Farrow or Natalie Portman in their short-hair heyday. I've gone so far as to try on short wigs to imagine the freedom of wash and go for the first time since I was introduced to a blow-dryer in sixth grade. And I think that from the neck up, I could pull it off: My eyes, nose, cheekbones, and lips are all a little oversize, which actually works well with short hair. But from the shoulders down is another story. I think of my body as curvy in a good way, but there's something about a close crop that makes me look downright matronly. "A curvier figure needs body in the hair," says Nunzio Saviano, a New York City salon owner (and the dashing man who's been cutting my hair). "Otherwise, you could look like a pinhead." Enough said. So I asked Nunzio if there's a short hairstyle that would balance a rounder rear end. "You can cut it to a length that's between your chin and shoulders, but you've got to put in the work with rollers or a curling iron to give it the body that will balance you out." And with that, my fantasy of wash and go just washed and went. ★



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HOLIDAY HOT LIST

Put a bow on it, you are done.
We've got 38 Shape-approved gifts
from tokens to splurges—including our anointed
game changer of the season: the Fitbit.

By Sara Angle • Photographs by Yasu+Junko

THE FITBIT

What better bling can you bestow than a wristband that could make anyone instantly well-thy? The **Fitbit Charge HR** (shown here, \$150, fitbit.com) tracks all the essentials—steps, activity, calories, heart rate, sleep—24/7 and flashes handy caller ID notifications on its display screen. We can't think of a better gift that covers everyone on your long list, from newbie exerciser to all-out athlete.

TOKEN treasures

LITTLE PICKS THAT POP



1 TLC TO GO
TriggerPoint Grid Mini Foam Rollers (\$25 each, tptherapy.com) supply big doses of soothing to anyone who could use a post-workout rubdown or a DIY foot massage.

2 GLAM SQUAD
The Sonia Kashuk face brush set (\$30, target.com) comes with all the tools needed to ace base makeup: a large powder brush, a pointed foundation brush, a precision contouring brush, and a multipurpose angled brush.

3 COZY UP
This season's Snuggie is sportier and a lot more stylish. The over-size **Banana Republic plaid scarf** (\$60, bananarepublic.com) is soft and large enough to double as a daytime wrap on chilly days.

4 FRESH DIRECT
Salad lovers and juicing fans just got their wish. The **Chef'n greens and herb stripper** (\$8, amazon.com) removes thick stems from leafy staples (kale, chard, collard greens) and favorite herbs (oregano, rosemary, tarragon) in a snap, without tearing leaves.

5 OM MADE
Yogaphiles will eat these up: **Yummi Yogi cookie cutters** (\$40 for five, yummiyogi.com) turn out sweets in tree pose, warrior II, and more.

6 TEA MATE
Treat them to a warm cup on a cold night with **David's Tea Nordic Mug** (\$23, davidstea.com), a nifty little brewer with a stainless steel infuser and a lid to seal in heat as the chamomile steeps.

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1 HIT THE BOTTLE

It's high tech and a little disco: Thanks to double-walled insulation, the **Starbucks S'well bottle** (\$35, store.starbucks.com) keeps drinks cold for 24 hours or hot for 12 without sweating on the outside—or in a gym bag.

2 HAPPY HOSTESS

Turn that bottle of Cabernet into a work of art with **Built NY Origami Wine Gift Bags** (\$18 for three, builtny.com). The origami-folded paper protects the bottle in transit, collapses for easy storage, and can be used again and again.

3 CONDIMENTS TO THE CHEF

These five-blade **RSVP Herb Scissors** (\$10, amazon.com) cut fresh herbs super fast. The dishwasher-safe shears are a must-have for foodies.

4 RAIN CHECK

Brighten their (soggy) commute with this Jackson Pollock-inspired **SPRZ NY umbrella** (\$20, uniqlo.com), designed in collaboration with the Museum of Modern Art in New York City.

5 JUICE PACK

These compact **Back Me Up! mobile chargers** (\$30 each, shopbando.com) for iPhones supply the perfect battery boost for a marathon of meetings or a day spent hitting the trails.

6 BIKER BLADE

Can't you just imagine this adorable **Fixie Pizza Cutter** (\$24, uncommongoods.com) parked on your Spinning buddy's countertop or racing through a veggie-packed pie?

7 GAME ON

The **Izola Par Avion Paddle Ball Set** (\$29, casa.com) brings the whimsy of the classic beach and backyard pastime to anyone young at heart or headed to a resort.



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FUN,
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1 ARM CANDY

Your gym buddy and your most fashionable girlfriend can both agree on the **MZ Wallace Medium Metro Tote in Camo Oxford** (\$215, mzwallace.com). It's feather light, so you won't feel weighed down by whatever wet workout duds or flash-sale scores you're hauling.

2 SHAKEN AND STIRRED

Challenge the Iron Chef in your life with this playful set of **Foodie Dice** (\$38, etsy.com). Each roll reveals another creative, fresh meal idea, with more than 186,000 possible combos.

3 HEALTHY INDULGENCE

Refined foodies will love the complex tang of **Maille Mustard With Chablis White Wine and Black Truffle** (\$43, maille.com) and the fact that this on-tap condiment was drawn by hand.

4 BOOT UP!

When the going gets slush, these tough and toasty waterproof **Columbia Minx Mid II Omni-Heat boots** (\$120, dicks.com/columbia) get going, so your pal can still make it to ashtanga. Faux fur at the calf keeps legs warm.

5 GLOBE-TROTTER

Your friend with the Pinterest board full of travel porn can now take a fab trip every day of the year. **NYT. 36 Hours. World** (\$125 for a three-volume set, taschen.com) features 365 of the best places from the popular *New York Times* column.

6 INSTANT ESPRESSO

For the java aficionado who won't leave home without it, there's the **Minipresso GR** (\$59, wacaco.com). At just 13 ounces, the highly portable machine turns out a single serving with a few pumps of the piston.

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cutting-edge FINDS

WHAT'S NOW
AND NEXT



1 MUSIC MAKERS

These bright baseball-size **Sony SRS-X11 Ultra-Portable Bluetooth Speakers** (\$70 each, amazon.com) bring crisp sound anywhere. An optional rubber strap means they can even swing from bike handlebars—perfect for the pal always playing DJ.

2 TIME IN A BOTTLE

It may be stocking-stuffer size, but **SK-II Limited Edition Facial Treatment Essence** (\$229 for a 7.7-ounce bottle, sephora.com) makes quite an impact. A sake-derived ingredient (discovered when brewery workers in Japan maintained perma-young hands from daily soaking) stops the clock on skin.

3 GOURMET READING

The NOPI Cookbook (\$24, amazon.com) features dishes from chef Yotam Ottolenghi's popular London restaurant. Home cooks will drool over the recipes, which use unconventional ingredients like sumac, lavender oil, and freekah.

4 SAFE AT HOME

Treat settled-down duos to the gift of peace of mind with the newest **Nest Protect smoke and carbon monoxide alarm** (\$99, bestbuy.com). Verbal notifications warn of danger.

5 SCREEN GEM

Set your favorite jet-setter free from that heavy laptop with the slick **Microsoft Surface 3** (\$499, microsoftstore.com). Techies will revel in the new Windows 10, which incorporates Cortana, the digital personal assistant.

6 SCENTS OF STYLE

Choose one of eight fragrances that suits her best from the **Diana Vreeland Parfums collection** (\$250 each, dianavreeland.com). Each jewel-toned bottle represents a trait of the late fashion legend.

NEW

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† To get 4G LTE speed, you must have a 4G LTE capable device and 4G LTE SIM. Actual availability, coverage and speed may vary. LTE is a trademark of ETSI.

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**2 FANCY
COUNTDOWN**

The grown-up Jo Malone London Luxury Advent Calendar (\$430, jomalone.com) reveals mini versions of delicate lotions and perfumes. Fragrances can be layered for a personalized scent she'll want to wear all year.

**3 WARM
FUZZIES**

Coach Sheepskin Mittens (\$295, coach.com) are luxe enough to wear on a night out but low-key enough for ice-skating. A leather strap at the wrist ensures that paws stay toasty.

**4 SILENCE IS
GOLDEN**

What ruckus? All is Zen with these noise-canceling Parrot Zik 2.0 headphones (\$400, parrot.com). They connect via Bluetooth for wireless listening, and a touch control on the right ear lets you easily adjust volume and choose tracks.

**5 AT THEIR
FINGERTIPS**

The Zwilling J.A. Henckels 5-Piece Manicure Station (\$179, amazon.com) keeps all the tools needed for a perfect mani organized and in sight, not lost in a makeup bag.

**6 SLEEK
SUNNIES**

No need to wonder if these UVA/UVB Steven Alan x Grace Lee sunglasses in Camila (\$265, stevenalanoptical.com) will flatter: Jewelry designer Lee's lace metalwork gives a subtle edge to frames that look great on any face.

**7 TOUCH OF
OPULENCE**

Any girl would want—and flaunt—the Aerin large gold comb and hairbrush (\$40 and \$85, aerin.com). The wide-tooth comb gently untangles wet hair, and the natural boar-bristle brush helps reduce frizz.

**8 WILD AND
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TIPS FOR **STRESS-FREE GIFTING** FROM **RACHAEL RAY**

TIME TO GET FESTIVE! With all the parties, cooking and decorating, it's easy to put off one of the season's most important traditions: gift giving. Don't worry, you've got this. You can count on the **United States Postal Service®** to save you time and money—so you don't miss a single merry moment this holiday season. Check out these tips and tools to help you get started.

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3

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2

DISH UP SOME FUN

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4

GET A HEAD START

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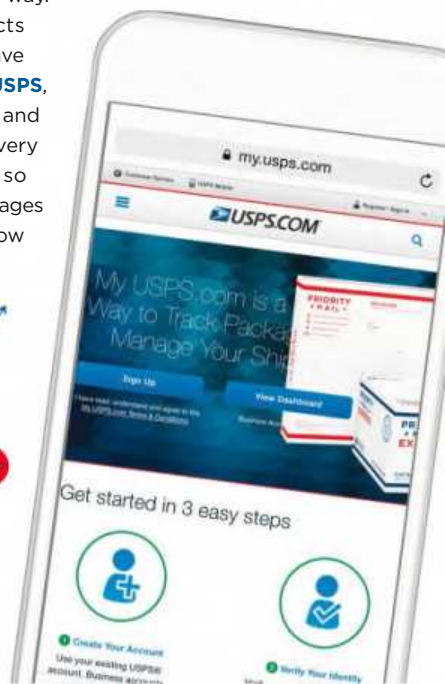
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get fit

6 ways
to get the
exercise
high

Find the joy in sweat

Research shows that a few tweaks can turn your workout into your new happy hour—meaning you actually look forward to exercising. Read on, lace up, bliss out.

By CAITLIN CARLSON

You know that, in theory, working out can improve your mood, and yet you may find that the exercise high has been eluding you, that every rep, interval, and minute simply feels like a means to an end. If so, you'll be particularly excited about this: Even if you're not the biggest fitness fan, new scientific findings can help you get into that exercise happy zone and unlock body benefits you didn't even know you were missing. →

LOVE YOUR WORKOUT

The sunnier your mood, the better you'll move—so channel happy thoughts as you warm up.

Being a happier exerciser won't just keep you coming back for more; it will spur you to do more. According to a study in *The Journal of Applied Sport Psychology*, sprinters in an upbeat mood performed significantly better than their nonpumped counterparts. "When we're happy, our tendency is to want to achieve something quickly," explains study author Marco Rathsclag, Ph.D.—something like, say, an all-out sprint.

Better yet, becoming someone who smiles on the treadmill is easier than you think. Here are six research-backed ways to experience exercise nirvana.

Prime your mind

During your warm-up, recall a happy experience—crossing a finish line, maybe, or playing with puppies—and focus on it for one minute, Rathsclag suggests. That's the technique that turbocharged the sprinters in his study. Compared with the other racers who were told to think about something anxiety-inducing, or with those who were told to have "neutral" thoughts (they were instructed to imagine brushing their teeth), the happy thinkers not only ran faster but also *felt happier* during the sprint. "If you're in a good mood, that state can be transferred from your thoughts to your exercise," Rathsclag says.

Embrace the effort

If you're used to exercising to the *Real Housewives* to get you through, you may want to switch your focus. When scientists at Harvard asked 2,250 people

to rate their happiness as they were engaged in certain daily activities, including exercise, they found that the participants were happier when they were thinking specifically about what they were doing (as opposed to letting their mind wander), even if they were doing something they found unenjoyable. "Most activities are more pleasant if you are engaging in them rather than trying to escape from them, and exercise is no exception," says study author Daniel Gilbert, Ph.D. To test-drive this at the gym, think about your breathing pattern, your heart rate, even how your quads feel on that uphill or the tremble in your biceps as you rep. "If you can see these feelings as signs that you're making progress toward your goals, you'll be happier in the moment," says Caryn Carlson, Ph.D., a positive-psychology researcher at the University of Texas.

Cue some happy talk

A study in *Medicine & Science in Sports & Exercise* found that talking to yourself during a tough workout not only enhances performance (by



FIT FASHION

C9 Champion sweat-shirt (\$30, target.com).
Lululemon shorts (\$98, lululemon.com).

FINE-TUNE YOUR PLAYLIST

To have music make working out feel more energizing, choose songs with a range of beats per minute that's comparable to the heart rate you're aiming to achieve, says Carl Foster, Ph.D., of the University at Wisconsin—La Crosse, who has conducted numerous studies on music and exercise. Find out how to figure your target heart-rate zone at shape.com/targetHR, and go to SongBPM.com to get the BPM for your favorite gym jams.

18 percent!), but also makes the exercise seem easier, which in turn should increase your enjoyment. "The important thing is to choose a word or phrase that resonates with you," says study author Samuele Marcora, Ph.D. Participants in the study picked four phrases, such as "Dig deep," "I can do this," "Keep going," and "Be strong"—two that were appropriate for the middle of the workout and two that were more applicable toward the end—to buoy them. You don't have to literally say these things out loud to feel a lift; simply thinking the phrases works too, Marcora says.

Build in mini victories

Setting a new goal—or more than one—for every workout (a technique often used by exercise psychologists), instead of having one huge goal like "lose weight" or "get better abs," can help you extract more joy from it. "Mini goals increase the rewards," Carlson says. So, try breaking up your workout into parts: Think of a long run as a 5K plus a 5K plus a 5K rather than 9.3 miles, and each time you hit one of those "finish lines," you'll boost your happiness and motivation.

Find your flow

Italian researchers determined that exercisers with a "harmonious" mind-set toward working out are able to get into the flow of it, while those who are more "obsessed" with it as an obligation miss out on the mental benefits. "Flow can be defined as the complete absorption of oneself in the present moment," says study author Fabio Lucidi, Ph.D. To get in touch with your harmonious side, shift your perception of working out from "must" and "need" to "want" and "desire." Eventually, Lucidi says, you'll find the fun in fitness. ★

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express
workout

Burn rubber

For a full-body workout that torches 400 calories and sculpts everything, trade your dumbbells for, yes, a tire.

By GINA DEMILLO WAGNER

Dust off that spare in your garage: The tire—and not just the supersize variety you see being flipped at CrossFit—is having a moment as a multipurpose workout tool.

"With a regular tire, you can do hundreds of moves that work every muscle," trainer Amen Iseghohi says. He should know, having created muscle-searing group fitness classes that use the hunk of rubber as equipment at his Amenzone gyms in Arizona and California. Because a standard car tire weighs 15 to 30 pounds, it makes a nice sweet-spot load that you can lift, push, pull, and more, Iseghohi says. (You'll feel invincible as you hold one to do the squat on the next page and also build some killer upper-body muscles.) Plus, rubber has give, making it a dynamic, low-impact base on which you can balance, step, and jump without putting pressure on your hips, knees, or ankles.

Try Iseghohi's fat-melting circuit and the tire just may become one of your sculpting staples, too. "Tires are simpler than most other gym equipment, and the exercises you do with one reflect how you naturally move in your daily life," he explains. Ready to roll? Grab a tire.

Don't have a spare? Tire shops often make discarded tires available free of charge. Iseghohi recommends using car tires because their moderate weight makes them more versatile than heavy ones from trucks, but use whichever you can find and hoist. →

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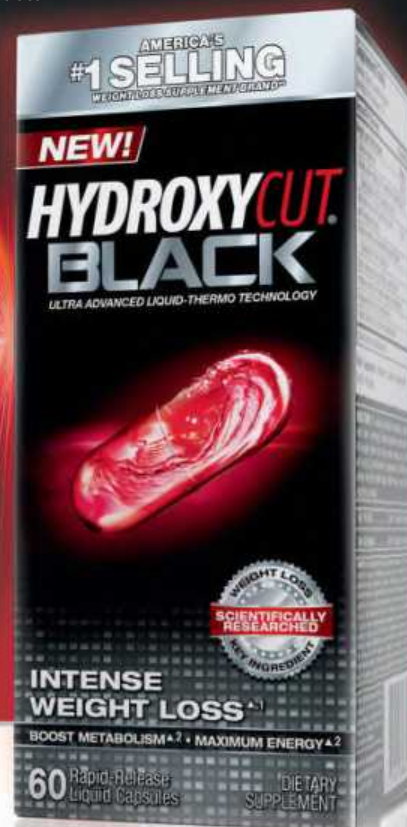
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Your workout

INTENSITY

Hard (RPE:* an 8 or a 9 out of 10)

TOTAL TIME

22 ½ minutes

YOU'LL NEED

A car or truck tire

HOW IT WORKS

Start with the warm-up, then go all out on the four "Burn and Firm" moves for one minute each (you'll catch your breath between sets). Repeat the circuit once. To finish, zero in on your abs with the two core moves. Do this routine three times a week on non-consecutive days.

CALORIES BURNED: 400

*Rate of perceived exertion; see page 162 for chart.
**Calorie burn is based on a 140-pound woman.

WARM-UP

Toe tap

Place tire flat on floor. Stand behind it with feet hip-width apart and arms by sides. Place ball of left foot on tire, swinging right arm forward and left arm back with elbows bent. Quickly alternate sides. Continue for 1 minute. Rest for 30 seconds. Repeat twice.

BURN AND FIRM

Shuffle drop

Keep tire flat on floor. Stand behind it with feet hip-width apart and hands in front of chest with elbows bent by sides. Shuffle feet to right, moving around tire. When you've made a complete circle, crouch, place hands on tire, jump feet back to plank, and do 1 push-up. Repeat to left. Continue for 1 minute.

Rest for 1 minute.

High climber

Keep tire flat on floor. Start in plank with palms on tire, feet on floor. Draw right knee forward to touch tire, then return to start position. Switch sides; repeat. Continue, alternating legs rapidly as if you're running in place (without hiking hips), for 1 minute.

Rest for 1 minute.

In-and-out run

Keep tire flat on floor. Stand with right foot on floor inside tire and left foot on floor outside tire, hands in front of chest with elbows bent by sides. Step left foot

inside tire so feet are together; step right foot outside tire, then left foot. Repeat, starting with left foot first. As you step in and out of tire, lift knees high and pump arms as if you're running in place. Continue alternating sides for 1 minute.

Rest for 1 minute.

Squat

Keep tire flat on floor. Stand behind it with feet hip-width apart and arms by sides. Squat, pick up tire, then stand, holding tire in front of chest with elbows bent out to sides. Keeping chest lifted, squat, then stand slowly; repeat. Continue for 1 minute.

Rest for 1 minute.

CORE

Primal sit-up

Place tire flat on floor and lie faceup with knees bent, tire between feet, and fingertips resting lightly behind ears with elbows bent out to sides. Do a sit-up; at top of movement, reach fingertips forward to touch far edge of tire. Reverse movement. Repeat for 1 minute.

Step-down plank

Keep tire flat on floor. Start in plank with palms on tire and feet on floor. Move left hand to floor, then right hand. Move left hand back to tire, then right hand. Switch sides; repeat. Continue alternating sides for 1 minute.

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Your abs: firmer, flatter

Turn on your deep muscles and you can trim inches without having to drop a single pound—or suck anything in.

By AMANDA MACMILLAN

Moves
for max
cinching

The good news: Your ab muscles are notoriously hard to fatigue. The bad news: ditto. Right now, your abs are helping you sit upright and have been on duty throughout the day in a low-grade contraction. Which is all very well until you try to whip them into shape at the gym and seemingly no number of crunches can push them to the firming point, or “failure,” as pros like to call it.

But shift the target of your toning ever so slightly and suddenly it’s a different story. Your new focus: the transverse abdominis, which

is the Spanx of ab muscles. Unlike the rectus abdominis (washboard) and the obliques (along your sides), it’s the only ab muscle that does a 360 around your waistline. Work your transverse, cinch your waist.

In a six-week University of Southern Illinois study, people who did standard abs exercises such as sit-ups and leg lifts developed a stronger core but saw no change in waist circumference. Meanwhile, a study from Barry University found that people who did traditional mat Pilates three days

a week for eight weeks lost an inch from their waist, despite not having shed any weight. The key is that Pilates moves are largely compression exercises, says Michele Olson, Ph.D., a professor of exercise science at Auburn University, Montgomery. In other words, they cause the transverse and surrounding ab muscles to compress your core “as if you’re preparing to take a punch to the stomach.” Sit-ups, meanwhile, are flexion (a.k.a. hinging) moves, which don’t require the transverse to get too involved.

Happily, compression exercises are built into many workouts besides Pilates. Boxing is a great example. As you throw a punch, you reflexively stiffen your abs to brace for the impact and bolster your spine. “Your abs should be working all the time, and every movement should flow out from there,” Olson says.

And just imagine trying to lift a barbell with a completely relaxed core, says Nick Clayton, a personal training program manager for the National Strength and Conditioning Association. “You’d be lucky to get it off the ground,” Clayton says. (Don’t even attempt it; you would seriously hurt yourself in the process.) Again, your abs clench as you rep. Heavier hand weights likewise trigger abs to tighten during standing moves like biceps curls, shoulder presses, you name it; the trick is to work your way up to a significant weight (sorry, five-pound dumbbells) that really activates those stabilizing muscles. Kettlebell swings are also great for your abs. Check for group classes at your gym, or ask a trainer to take you through the basics.

Or get yourself to boot camp. Those plyometrics in which you catch air, like box jumps, burpees, and jump lunges, engage your transverse from takeoff to landing.

And runners, consider this motivation to do more sprints: Going from zero to your all-out pace requires serious pumping of the arms and legs—power that’s transmitted through your core. “It’s such a dynamic effort, you’ll definitely feel it the next day in your obliques,” Clayton says. Soon, you’ll feel it in your looser waistband too. ★

9
next-level
moves

FIT FASHION

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Sculpt every inch

Get more burn and firm out of any move you do with this one easy tweak.

By JACLYN EMERICK

You do the classic strengtheners—plank, squat, lunge, sit-up, and so on. Now here's a simple trick to upgrade them so you get even better tone-up results faster: Slip a set of exercise discs under your palms or feet.

"The discs create friction [a.k.a. resistance] with the floor or a wall, which you can increase by moving slowly and by leveraging more of your weight onto them," says Michael Cummings, a performance specialist for SKLZ, a sports training company in Carlsbad, California. This means you milk each rep for extra strengthening from beginning to end. "That's true for your core, too, because your stabilizing muscles are firing to keep you steady," Cummings says.

Take the typical lunge: Your leg muscles ordinarily ease up on their workload midstep, but if you use discs underfoot to slide into lunge position, those muscles—and others—will constantly

contract to help you keep your footing. "Activating more muscles and muscle fibers will burn more calories and build more lean muscle," Cummings says.

We asked Cummings to rev up nine go-to exercise moves by incorporating exercise discs for a workout that will maximize your sculpting from every angle. (We use Slidez discs here, which are specially padded and won't mark floors or walls, but most other discs—or even paper plates—will do.)

"Sliding lets you get deeper into the moves and adds variety to what could otherwise feel like basic or simple exercises," he says. And because you control the resistance, speed, and intensity, anyone can do it. In addition, you'll do different reps and sets based on your personal fitness level.

It's time to see for yourself what this little piece of plastic can do for your physique—your tighter body awaits. →



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YOUR WORKOUT

You've got nine moves. Do them in order. If you're a newbie, do one set of five to 10 reps of each move once a week. If you're a regular exerciser, shoot for two sets of eight to 12 reps twice weekly. Sweat vets, you can do three to five sets of 10 to 20 reps two to four days each week.

You'll need

A wall and a set of **Slidez** (\$30, sklz.com). If you can't get your hands on a pair, then you can use paper plates, towels, or even Frisbees, Cummings says. (They may not move as smoothly and you'll be limited in the kind of surface you do this routine on, but they can get the job done.)



A → B → WALL SQUAT

WORKS ABS, BUTT, QUADS, HAMSTRINGS

Stand with back against wall with feet hip-width apart and arms by sides. Place a Slidez disc between wall and middle of back to start [A]. Lower into a squat, walking feet forward until legs form a 90-degree angle [B]. Keep feet planted and press lower back into wall to move disc up to return to start position. That's 1 rep. Do 5 to 20 reps.



“Do these moves on plush carpet or grass and you'll feel more resistance than on short carpet or a smooth floor,” Cummings says.

A/B → SQUAT PRESS

WORKS SHOULDERS, ABS, BUTT, QUADS, HAMSTRINGS, CALVES

Stand facing wall with feet hip-width apart or wider and a Slidez disc between each hand and wall, arms extended at chest level, elbows slightly bent. Squat slowly, straightening arms overhead and going as low as you can with heels on floor [A]. Stand, pressing discs into wall as you rise onto tiptoes and reach arms overhead [B]. That's 1 rep. Do 5 to 20 reps.



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DROP LUNGE

WORKS ABS, BUTT, QUADS, HAMSTRINGS, CALVES

Stand with feet hip-width apart and left foot on a Slidez disc, arms by sides to start. Extend arms forward at chest level and bend knees as you sweep left leg behind and across right until knee grazes floor [shown]. Return to start position. That's 1 rep. Do 5 to 20 reps. Switch sides; repeat.



LIZARD LUNGE

WORKS SHOULDERS, CHEST, ABS, BUTT, QUADS, HAMSTRINGS

Start on floor in plank on palms with legs together and each foot on a Slidez disc. Keeping body in a straight line, bring left foot to outside of left palm [shown]. Return to start position. Switch sides; repeat. That's 1 rep. Do 5 to 20 reps.



PLANK ROTATION

WORKS SHOULDERS, CHEST, ABS, OBLIQUES, BUTT, QUADS, HAMSTRINGS

Start on floor in plank on palms with legs together and right foot on a Slidez disc. Keeping body in a straight line, draw right knee toward chest, then extend leg underneath body to left side [shown]. Reverse motion back to start position. That's 1 rep. Do 5 to 20 reps. Switch sides; repeat.



↓A/B SIDE KNEE TUCK

WORKS SHOULDERS, CHEST, ABS, OBLIQUES, BUTT

Start on floor in plank on palms with each foot on a Slidez disc [A]. Keeping body in a straight line, bring knees to outside of left elbow [B]. Return to start position. Switch sides; repeat. That's 1 rep. Do 5 to 20 reps.



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A/B ↗ HAMSTRING CURL CRUNCH

WORKS ABS, HAMSTRINGS

Lie faceup on floor with legs extended and a Slidez disc under each heel, fingertips behind head and elbows bent out to sides [A] to start. Sit up, bringing heels toward butt [B]. Lower to start position. That's 1 rep. Do 5 to 20 reps.



A/B ↗ BODY SAW

WORKS SHOULDERS, CHEST, ABS, BUTT

Start on floor in plank on forearms with palms facing up and with each foot on a Slidez disc [A]. Keeping body in a straight line, press forearms into floor (forearms will not move) to push body backward so arms form a 60-degree angle (or as wide an angle as is comfortable) [B]. Reverse the motion by pressing into forearms to pull body forward to start position. That's 1 rep. Do 5 to 20 reps.

↘ ALTERNATING GLUTE BRIDGE

WORKS ABS, BUTT, HAMSTRINGS

Lie faceup on floor with knees bent and each foot on a Slidez disc, arms by sides on floor with palms up. Lift hips to form a straight line from shoulders to knees to start. Extend left leg, sliding foot forward [shown]. Pull it back to start position. Switch sides; repeat. That's 1 rep. Do 5 to 20 reps.



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your whole
body.

By CAITLIN CARLSON

Do you like being active outdoors? Then don't sit it out just because there's white stuff on the ground. "Snowshoeing is the winter version of hiking or trail running," says Mark Elmore, the sports director for the U.S. Snowshoe Association (USSSA). Regardless of whether you walk or run on snowshoes, you'll torch more calories than you would pounding the pavement at the same pace, according to a study in the *Journal of Strength and Conditioning Research*. "That's because you need to work harder and lift your legs higher to move through snow than across bare ground," says exercise physiologist Declan Connolly, Ph.D., the author of the study.

And snowshoeing seriously works not only your butt and legs but also your abs: "You get a built-in core

640+

The number of calories you can burn per hour snowshoeing, according to research from the University of Vermont.



Brion Stevenson/Aurora Photos



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workout, thanks to the slight shifts of balance from the extra weight of the snowshoes,” says competitive snowshoer Laurie Lambert, the director of regional qualifiers for the USSSA. If you’re also using poles—which can help you with balance, negotiating rugged terrain, and steadying yourself if you have a pack on—you also tone up your arms, says exercise physiologist Spencer Byrne, a snowshoe guide for All Seasons Adventures in Park City, Utah.

Keep reading for even more body benefits, as well as other reasons to finally give this wintry-terrain workout a try. You’ll be praying for a snow day.

It’s easy to learn

“If you can walk, you can snowshoe,” Elmore says. Simply strap in and start stepping. Running is just as easy. And you can scale it from a relaxing stroll to a heart-revving session. Traversing unpacked snow rather than packed snow can double your burn, researchers at the University of Vermont found. Using poles—a good idea for beginners, Byrne says—gets your arms in the game, and varying the terrain (climbing a few hills, say) can help you work more muscles from more angles. “All of these things boost the intensity and increase the fitness benefits,” Connolly says.

There’s a really big afterburn

Because you have to lift your legs up and out of the snow to take each step, snowshoeing is a unique form of eccentric training (when your muscle lengthens during a contraction, like when you extend and lower your arm during a biceps curl), Connolly says. The deeper the snow, the more enhanced the eccentric component. Research at Wayne State University revealed that eccentric exercise

HOW IT WORKS

Snowshoes today are sleeker, lighter, and more high-tech than the tennis racket-like contraptions that people wore back in the day. Now, aluminum platforms distribute weight evenly and lift you up and over the powder; spikes on the soles and curved rims at both ends help you maneuver. Step on the shoes with snow or hiking boots or waterproof sneakers, tighten the straps and you’re good to go. Pick up a pair for about \$125 (most sporting goods stores carry them; we love the ones in our gift guide on page 53), or rent them from ski resorts or outdoor-recreation stores like REI for as little as \$16 a day.



GET OUT

Look up retailer demo-day events, Winter Trails Day (wintertrails.org), and the REI Outdoor School (rei.com/outdoorschool) for free opportunities to try snowshoes.

can increase afterburn (the number of calories you burn up to 72 hours after your workout) by up to 9 percent. That’s because eccentric exercises keep muscles under tension longer, thus stimulating more growth postworkout and, in turn, spiking calorie burn, Connolly explains.

You’ll PR your spring race

Or just find running easier, period. The University of Vermont study also found that runners who snowshoed one winter became better runners the following spring. “Whether you’re walking or running in snowshoes, it increases your endurance because it’s an intense, continuous aerobic workout,” Connolly says. “Plus, it requires more lifting that helps strengthen all the muscles in your legs, which makes you a better runner.” That means you’ll run faster *and* longer when spring comes around, without it feeling much harder.

You won’t get hurt

At All Seasons Adventures, there were zero snowshoeing injuries last year. “That isn’t to say people won’t take a powdery topple every now and then,” Byrne says. “That usually happens while posing for a picture or during a water break, when you place one snowshoe on top of the other and then try to walk again.” And snowshoeing is easier on your joints than running.

And talk about a brain boost!

“Braving the snow and cold makes you feel mentally empowered and physically invigorated,” says sports psychologist Barbara Walker, Ph.D., the founder of the Center for Human Performance in Cincinnati. “Because things are quieter and fewer people are out there, you’ll feel like a winter warrior.” And these benefits happen fast: You don’t have to trek for days—the longer, the better, but even a few minutes on snowshoes can help. ★



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"How can I safely find my one-rep max?"

—Emily, 30, Indianapolis

A one-rep maximum (1RM) is the most weight you can lift once with proper form for a specific exercise. "Once you know your strength capacity, you can work out to meet specific goals," says Matthew Staver, the founder of Blueprint Health Studio in Destin, Florida. So if you wanted more muscle tone, you would do eight to 15 reps of a weight that's between 55 and 70 percent of your 1RM for any strength move, Staver says. When it comes to finding your 1RM, "never try it solo," he warns. Ask a trainer to spot you so you load the bar correctly, nail your form, and avoid hurting yourself. Staver, who's trained everyone from newbies to top athletes on 1RM lifts, advises starting with

the squat, because it's one of the safest power moves. Warm up with air squats, then pyramid up. "Begin with a heavy weight that you can do three to five reps with, then rest for four to five minutes to fully recover," he says. "Add five to 20 pounds to the bar and go again for two to three reps." Your last one to two reps of each set should be difficult, not impossible. Repeat that process until you can manage only one good squat.

"Could exercise help kick a cold?"

—Julia, 27, Philadelphia

No, but there's good news: "While exercising when you have a cold won't reduce how long you have the virus,

it can significantly alleviate symptoms," says William Schaffner, Ph.D., a professor of preventative medicine at Vanderbilt University. When you have a cold, mucous membranes get inflamed, causing you to feel congested and tired. "Exercise improves blood flow and releases adrenaline, which promotes drainage, reverses swelling, and eases stuffiness in your head and nose," he explains. "That makes you feel better almost instantly." Two rules: First, pound more water than usual (you lose fluids faster when you're under the weather). And second, if you have a temperature, a cough, weakness, loss of appetite, or nausea, this doesn't apply so you're better off sitting it out.

Jac says...

SPINNING SHOES WILL CHANGE YOUR CYCLING LIFE

I know that sounds a little dramatic, but that's how strongly I feel about them. I've been teaching indoor-cycling classes for 10 years, and it's the first thing I tell all my repeat clients whom I catch pedaling in sneakers. You'll be more comfortable and you'll get better results with clip-ins. It's that simple. Here's why.

The stiff soles on cycling shoes keep your feet flat while you pedal (sneakers, which are flexible, cause you to point your toes, slowing you down and making it harder to pull up on the pedal to complete the stroke). Plus, cycling shoes don't have much cushion, which means there's nothing to absorb (or stop) the energy generated from your core down. This helps transfer more power to your stroke, so you can move faster during intervals and stronger up climbs (and yes, burn more calories as a result). Also, the ball of your foot should be centered on top of the pedal—that's where you pedal strongest. In a sneaker, you'll slip all over the pedal. But Spinning cleats clip to the pedal, locking you into that sweet spot and ensuring that you push down and pull up throughout the entire circle, engaging more muscles.

One quick buying tip:

There are two kinds of cleats, SPD and Look, and they're sold separately from the shoes. Ask your instructor which to go with.

Shape's fitness director, **Jaclyn Emerick**, is also a certified personal trainer, Spinning instructor, kettlebell instructor, and sports and exercise nutrition coach. Tweet @shape_magazine and @jaclynemerick with #fitq for a chance to get your question answered in an upcoming issue.

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Pistachio and Squash Galette

Turn the page for the
surprisingly simple
recipe, plus two other
crowd-pleasers. →

Veg out tonight

Meat? You won't miss it in these delicious hearty and healthy dinners. Three chefs share their favorite (and easy!) ways to eat green... and red... and purple...

Harissa– Roasted Veggie and Ricotta Lasagna

Chef: Eduard
Frauneder, Edi & the
Wolf and Freud in
New York City

Serves: 4

Active time: 15 minutes

Total time: 15 minutes

- 6 fingerling potatoes, very thinly sliced ($\frac{1}{8}$ inch thick)
- 1 purple sweet potato, very thinly sliced ($\frac{1}{8}$ inch thick)
- 2 teaspoons extra-virgin olive oil
- 10 grape or cherry tomatoes
- 2 peeled baby carrots, halved
- 2 purple radishes, halved
- 2 tablespoons harissa
- 2 cups ricotta
- 2 tablespoons chopped herbs, such as chives, parsley, or tarragon
- 1 bunch baby red mustard greens or baby kale, for garnish

1 In a large bowl, toss fingerlings and sweet potato with olive oil. In a grill or sauté pan over high heat, char tomatoes; remove from pan. Add fingerlings, sweet potato, carrots, and radishes to pan and cook for 2 minutes, flipping half-way through. When cool, toss vegetables with harissa to coat.

2 In a small bowl, mix ricotta with herbs. In a ring mold or a short can with both ends removed, place a layer of potatoes. Add a thin layer of cheese, followed by a layer of sweet potato. Continue until ring mold is full or you've used a quarter of the ingredients. Remove mold and repeat three more times.

3 Top lasagnas with remaining vegetables. Garnish with greens.

Nutrition score per serving: 365 calories, 19 g fat (10.6 g saturated), 33 g carbs, 17 g protein, 5 g fiber, 236 mg sodium



TIP

You can also compose the lasagnas in small round bowls.

(Shown on previous page)

Pistachio and Squash Galette

Chef: Anna Jones,
author of *A Modern
Way to Eat*

Serves: 6

Active time: 25 minutes

Total time: 40 minutes

- $\frac{1}{2}$ small butternut squash, seeded and sliced crosswise into $\frac{1}{4}$ -inch slices
- 2 tablespoons plus 2 teaspoons olive oil
- Sea salt
- Freshly ground black pepper
- $\frac{3}{4}$ cup shelled pistachios
- $\frac{3}{4}$ cup sunflower or pumpkin seeds
- 4 ounces chestnuts
- 1 tablespoon maple syrup
- Zest and juice of 1 lemon
- 1 small bunch thyme, stems removed
- 1 red onion, thinly sliced

$\frac{1}{2}$ cup cashews, soaked in water overnight

1 avocado, halved and pitted

3 cups spinach

1 red chile, sliced

1 Preheat the oven to 400°. In a medium bowl, toss squash with 1 teaspoon olive oil and salt and pepper to taste. Place squash on a baking tray and roast until golden, about 30 minutes.

2 Place pistachios and sunflower seeds on another baking tray and toast alongside squash until fragrant, about 5 minutes. Remove nuts and seeds from oven (leaving squash to finish roasting) and add to a food processor with chestnuts, 2 tablespoons olive oil, maple syrup, lemon zest, thyme, and generous pinches of salt and pepper. Process until dough is fine and crumbly and comes together when squeezed.

3 Place dough on a sheet of parchment paper and pat it into a circle. Cover with another sheet

of parchment paper and use a rolling pin to spread dough into a circle about $\frac{1}{4}$ inch thick and 12 to 14 inches in diameter.

Transfer to a baking tray, remove top sheet, and prick dough with a fork. Bake in oven alongside squash until golden around the edges, about 15 to 20 minutes. Remove from oven and let cool. (If squash is done first, remove from oven and set aside.)

4 Meanwhile, in a small pan over medium-high heat, sauté onion in remaining teaspoon oil with a pinch of salt until it's deep violet, about 10 minutes.

5 To a blender, add cashews, avocado, spinach, half the lemon juice, and several pinches of salt and pepper. Blend until smooth.

6 When galette has slightly cooled, spread with spinach mixture and top with onion, roasted squash, and chile.

Nutrition score per serving: 439 calories, 30 g fat (4.1 g saturated), 38 g carbs, 11 g protein, 9 g fiber, 123 mg sodium

Charred White Cloud Cauliflower

Chef: Alex Guarnaschelli, Butter Restaurant in New York City

Serves: 2

Active time: 25 minutes

Total time: 3 hours 25 minutes
(including 3 hours marinating)

- 1 large head cauliflower, stem and greens removed
- 2 cans coconut milk
- 1½ teaspoons sherry vinegar
- ½ teaspoon Dijon mustard
- 3 tablespoons plus 1 teaspoon extra-virgin olive oil
- ½ cup diced rutabaga
- ½ cup diced baby carrots
- 3 tablespoons vegetable or grape seed oil
- 3 garlic cloves, minced
- 1 tablespoon Aleppo pepper or a blend of cayenne pepper and paprika
- Salt
- Black pepper

1 Place cauliflower stem side down on a cutting board and slice it into two 3-inch cross sections; reserve remaining pieces. In a large pot of boiling water, blanch cauliflower “steaks” until center is tender, about 2½ minutes. Transfer to a bowl of ice water and chill for at least 1 minute. When cold, dry cauliflower steaks on paper towels.

2 Pour 1 can coconut milk into a shallow casserole dish. Add cauliflower steaks and pour remaining coconut milk over the top. Marinate for at least 3 hours.

3 In a small bowl, whisk together vinegar and mustard. While constantly whisking, slowly add olive oil until the vinaigrette is emulsified.

4 Dice reserved cauliflower. In a large pan over high heat, sauté cauliflower, rutabaga, and carrots in vegetable oil until slightly tender, about 2 minutes.

Cutting cauliflower into thick steaks makes it main-dish worthy.

Add garlic and Aleppo pepper and season to taste with salt and pepper. Sauté for approximately 2 minutes more or until vegetables are tender but not yet soft. Remove from heat and set aside, covered to keep warm.

5 Preheat a grill to high, or set a grill pan over high heat. Remove cauliflower steaks from coconut milk and blot with a towel. Season both sides with salt and pepper. Grill for 2 minutes or until grill marks appear. Flip and grill for 2 minutes more. Pile sautéed vegetables on top of cauliflower steaks. Drizzle with sherry vinaigrette.

Nutrition score per serving: 574 calories, 49 g fat (10.4 g saturated), 28 g carbs, 9 g protein, 10 g fiber, 481 mg sodium

TIP

Feel free to mix it up with toppings. Try an herb sauce like pesto or gremolata.



Power truffles

An athlete with a sweet tooth, Watt Sriboonruang wanted dessert that would also fuel her mixed martial arts workouts. So she founded Rawsome Treats, a company in New York City that creates gluten-free, paleo, vegan, and raw bliss. But don't take our word for it—make these yourself for your next shindig or just to devour solo.

Healthy Chocolate Truffles

Makes: 12

Active time: 15 minutes

Total time: 15 minutes

- 2 cups pitted dates (preferably medjool)
- ¼ cup raw cacao powder
- 1 tablespoon coconut oil, plus more to coat your hands
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt
- ½ cup cacao nibs, crushed freeze-dried raspberries, matcha powder, or coconut flakes, or a mix of two or more, for coating

1 Add dates, cacao powder, coconut oil, vanilla, and salt to a food processor. Blend for 3 to 5 minutes or until dough is smooth. (If using a blender, scrape down the sides with a spatula and blend again, repeating until ingredients are combined.) If necessary, add 1 tablespoon water while processing to help dough come together.

2 Lightly coat your hands with coconut oil. Break off a bite-size piece of dough and roll it between your palms into a ball. Repeat with remaining dough.

3 Roll each ball in coating. Store truffles in the refrigerator for up to four weeks.

Nutrition score per truffle:
133 calories, 6 g fat (3.6 g saturated), 21 g carbs, 1 g protein, 3 g fiber, 24 mg sodium

TIP

For soft and creamy truffles, eat them immediately. If you want a firmer texture, chill them in the refrigerator for a half hour or more.



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EAT THIS! NOT THAT!

Pancake makeup

Keep weekend brunch from wrecking your waistline.

By DAVID ZINCZENKO

➤ From your own kitchen: **EAT THIS!** Pumpkin Protein Pancakes

To a large blender, add 1½ cups unsweetened almond milk, 2 tablespoons vinegar, 1 cup canned pumpkin, 1 egg, and 2 tablespoons coconut oil and blend until smooth. To a large bowl, add ¾ cups whole-wheat flour, ½ cup vanilla plant-based protein powder, ½ cup ground flaxseed, 3 tablespoons brown sugar, 2 teaspoons baking powder,

1 teaspoon ground cinnamon, 1 teaspoon ground nutmeg, and ½ teaspoon kosher salt and mix together. Add dry ingredients to wet ones and blend until smooth. Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat. Working in batches, add pancake batter, using about ⅓ cup per pancake, and brown for about 2 minutes on each side. Top with Greek yogurt and dried cranberries. Serves 6; 2 pancakes per serving. (292 calories per serving)

➤ When you're at the pancake place...

⚡ **NOT THAT!** IHOP Raspberry White Chocolate Chip Pancakes

830 calories,
73 grams sugar

This dish puts the cake in pancake. As if white-chocolate-chip-filled pancakes weren't bad enough, these are covered with a sweet fruit topping, cream cheese icing, and whipped cream, sending the calorie and sugar content soaring.

➤ **EAT THIS!** IHOP Harvest Grain 'N Nut Egg White Combo

590 calories,
19 grams sugar

You'll get two blueberry pancakes loaded with hearty oats, almonds, and walnuts and topped with banana slices, plus a side of protein-packed egg whites for staying power.

SAVE!
240 CALORIES
54 GRAMS SUGAR

BEST BREAKFAST BITES

When you want waffles:

⚡ **NOT THAT!**

Perkins Belgian Waffle Platter (680 calories, 42 grams fat)

➤ **EAT THIS!**

Perkins Mini Belgian Waffles, no butter or sugar (490 calories, 14 grams fat)

⚡ **SAVE!**

190 calories
28 grams fat

For breakfast on the go:

⚡ **NOT THAT!**

Panera Bread Bacon, Egg & Cheese on Asiago Cheese Bagel (610 calories, 28 grams fat)

➤ **EAT THIS!**

Panera Bread Avocado, Egg White, & Spinach Breakfast Power Sandwich (400 calories, 13 grams fat)

⚡ **SAVE!**

210 calories
15 grams fat

From the freezer aisle:

⚡ **NOT THAT!**

Evo! Spicy Uncured Bacon & Egg, Roasted Potato, Jalapeño, and Cheddar Burrito (320 calories, 14 grams fat)

➤ **EAT THIS!**

Evo! Egg White, Veggies & Cheese Scramble Cup (120 calories, 4.5 grams fat)

⚡ **SAVE!**

200 calories
9.5 grams fat



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Steam it in its paper pouch and this lasagna slides out perfectly onto your plate, giving you an Instagram-worthy lunch. And we all know we eat with our eyes! Made with whole-wheat noodles, packed with veggies, and finished with a flavorful tomato sauce, it's as nutritious as it is tasty. (320 calories)

Less than
350
calories



**EVOL COCONUT
LEMONGRASS
CHICKEN**

This light but still satisfying meal scores for its flavorful sauce and abundance of snap peas, carrots, and broccoli. "It's the perfect balance of veggies and chicken," one happy tester said. (250 calories)

**AMY'S GLUTEN-FREE
BLACK BEAN &
QUINOA BURRITO**

We all agree that the taste and texture of the tortilla is authentic and love that it leaves us feeling satisfied, not stuffed. With five grams of fiber and seven grams of protein, the meal has staying power. (220 calories)

**EARTHBOUND
FARM SOUTHWEST
POWERMEAL BOWL**

This contains everything you need for a great salad: fresh baby greens, corn-and-black bean salsa, tortilla strips, sunflower seeds, and tomatillo-avocado dressing. (It even comes with a fork!) The verdict: convenient and delicious. (200 calories)

The best meals to grab and go

Instead of overpaying for an underwhelming takeout lunch, hit the grocery store on your way to work. We tried the latest picks on a hunt for real flavor and the healthy fuel you need for a brutally busy afternoon. These four won room at our desks.

By HANNAH DOYLE



WHEN YOU WANT A QUICKIE LUNCH COMBO

Fruit, cheese, and other fixings make for an easy meal. Three smart ideas from Stephanie Middleberg, R.D.N., the founder of Middleberg Nutrition in New York City:

← Wasa Crispbreads topped with ricotta and sliced figs or steamed beets

An avocado, halved and pitted, stuffed with premade three-bean salad

Smoked salmon, cucumber, goat cheese, and whole-wheat crackers

Deliciously
HEART HEALTHY

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

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The yolk
is key!

Made for each other... Salad and eggs

The pigments that give fruits and vegetables their vibrant color, called carotenoids, are antioxidants that lower your risk of heart disease and cancer and help protect your eyesight. To boost their benefits even more, toss your veggies into a salad and top it with an egg. A study at Purdue University found that people absorbed more nutrients from raw vegetables when they were eaten with eggs. Lipids (a.k.a. fats) in the yolks may help your body grab onto those carotenoids, the researchers found. Here's one delicious way to dig in.

Kale, apricot, and carrot salad with egg

Serves: 2

Active time:
20 minutes

Total time:
20 minutes

- ½ bunch kale, chopped (about 3 heaping cups)
- ½ cup dried apricots (about 15), quartered
- 2–3 shallots, peeled and sliced (about ¾ cup)
- 1 tablespoon white whole-wheat flour
- 3 tablespoons extra-virgin olive oil
- 3 small carrots, peeled and cut into matchsticks
- 1 small head radicchio, sliced (about 3 cups)
- 4 teaspoons apricot jam
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt, plus more for seasoning
- 2 eggs, poached
- 1 tablespoon hemp seeds
- Freshly ground black pepper

1 Place kale and apricots in a large salad bowl and set aside. Dredge

shallots in flour to coat. Heat 1 tablespoon olive oil in a sauté pan over medium-high heat and add shallots to pan. Use a fork to spread them in a thin layer to fry; toss several times until golden and crispy, about 5 minutes. Remove from pan and drain on a paper towel-lined plate.

2 To the same pan over medium-high heat, add 2 teaspoons oil. Sauté carrots for 4 minutes, stirring frequently and lowering heat slightly halfway through. Add radicchio and cook for 2 minutes or until softened. Scrape vegetables into bowl with kale and apricots.

3 To the same pan over low heat, add remaining 4 teaspoons olive oil and heat until it begins to shimmer. Turn off heat and whisk in jam, vinegar, mustard, and salt until smooth. Pour dressing over salad and toss gently. Divide between two plates and top each with a poached egg. Sprinkle with hemp seeds and crispy shallots and season to taste with salt and pepper.

*** Nutrition score per serving:** 522 calories, 29 g fat (4.8 g saturated), 56 g carbs, 18 g protein, 11 g fiber, 535 mg sodium

—Recipe by Rebecca Miller Ffrench

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The healthiest new oils

Olive and canola are the go-tos because they're versatile and full of good-for-you fats. But oils made from nuts, seeds, fruit, and even algae can make the flavor of your food pop and offer a host of health benefits, says Sara Haas, R.D.N., a chef and dietitian. Here, her four favorites and how to work their perks.

By SALLY KUZEMCHAK, R.D.N.



Coconut oil FOR BAKING

You'll get the delicious richness of butter without the downside. That's because unlike the saturated fat in butter, the type that coconut oil contains doesn't appear to raise cholesterol levels, according to research.

Enjoy it Replace half or all of the butter in muffin, quick-bread, or cookie recipes with coconut oil.

Walnut oil FOR SALAD DRESSING

The nutty flavor lends a nice depth and earthiness to foods, and the high concentration of omega-3 fatty acids lowers your risk of heart disease and helps keep your blood pressure from spiking when you're under stress, studies found.

Enjoy it Whisk together raspberry vinegar, mustard, a dash of honey, and fresh thyme; continue to whisk, streaming in walnut oil, until blended. Drizzle dressing over thinly sliced kale and top with toasted walnuts, apple slices, and Gorgonzola.

Avocado oil FOR FINISHING A DISH

Its fruity flavor is the perfect final note for soups, roasted vegetables, eggs, tacos—you name it. Avocado oil is rich in heart-healthy monounsaturated and polyunsaturated fats, which can help lower your LDL (bad) cholesterol.

Enjoy it Drizzle on top of tortilla soup in place of sour cream.

Algae oil FOR COOKING

The newest oil on the market (find it at thrivealgae.com) has a high smoke point and a neutral flavor (no funky taste, we promise!), so it's perfect for sautéing and roasting. Algae oil has a very high concentration of monounsaturated fats; one tablespoon contains the same amount as an entire avocado.

Enjoy it Toss chopped, peeled winter squash in algae oil along with rosemary, thyme, salt, and pepper and roast it at 400 degrees until tender and browned. →



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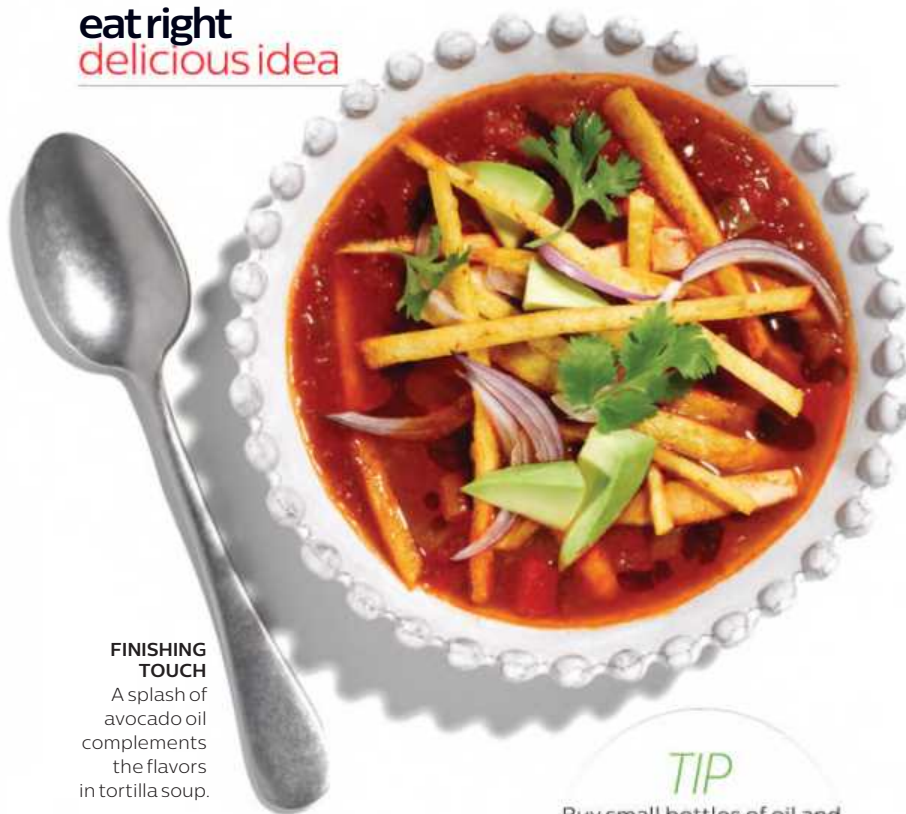
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FINISHING TOUCH

A splash of avocado oil complements the flavors in tortilla soup.

TIP

Buy small bottles of oil and store them away from light and heat. You'll want to throw walnut and avocado oils in the fridge once you've opened them.

Learn the label lingo

Cold-pressed or expeller-pressed

The oil is extracted by a machine that presses and grinds the seeds or olives at a low temperature, which helps retain more flavor. No chemicals are used.

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After extraction, the oil is processed to remove impurities, including pesticides, and bleached. This increases shelf life and improves the taste and color.

Unrefined

No further processing is done after extraction. These oils can't be used for high-heat cooking, like frying, and they may spoil more quickly than refined varieties. Because pesticides aren't removed, always choose organic when buying unrefined oils.

Extra-virgin

This oil has the lowest smoke point, so it's best for dressings.

Virgin

It can be heated and used for cooking.

Pure

It has the highest smoke point and can be used for frying or roasting.

Light

This refers to the flavor of the oil, not the calorie count or fat content.

SOURCE: Eric Decker, Ph.D., a professor of food science at the University of Massachusetts Amherst

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Wake up energized

Having to drag yourself out of bed even after a good seven hours means something's off. Your hormones may be the culprit. Find out how to reset them.

By CELESTE PERRON

The secret to morning motivation

You got plenty of sleep, and yet it takes Herculean strength to move from the mattress. If this is a typical morning for you, don't blame it on laziness. Studies have recently confirmed the physiological reason behind your a.m. exhaustion: Your cortisol levels are out of whack.

While we usually think of cortisol as affecting stress, it's also responsible for making you feel alert and awake. Normally, as morning approaches, your level of the hormone begins to rise—gradually at first, to draw you out of the deeper phases of sleep, and then

more dramatically, to help you pry your eyes open. This boost, known as the cortisol awakening response (CAR), is like a shot of espresso. Besides giving you mental energy, it also gets your body primed and ready for the day ahead by stimulating your digestive, central

nervous, and cardiovascular systems, all of which power down at night, says Katarina Dedovic, Ph.D., a researcher at the Douglas Mental Health University Institute at McGill University. Within a half hour of your alarm going off, your cortisol level will have risen by roughly

50 percent, and you'll be ready to dive into your morning routine.

That is, unless your hormone response has gone haywire. Factors like chronic stress, nutritional shortfalls, bad bedtime habits, and even your body clock can mess with your CAR, explains Shawn Talbott, Ph.D., the author of *The Cortisol Connection*. "Cortisol normally follows a pattern of being high in the morning and subsiding over the course of the day, with temporary spikes in response to stressful events," Talbott explains. If you're always stressed, though, the hormone is released more frequently, and its level remains high when it shouldn't be. One of the ways your body compensates for the excess cortisol is by suppressing your CAR, Dedovic explains. As a result, you wake up feeling sluggish and exhausted.

Cortisol is also closely connected to our individual circadian rhythms. Some people's internal clocks are hardwired to kick in later in the morning. If you're a night owl, it's possible that your CAR is occurring a few hours after your alarm goes off, which is the reason it's so hard for you to get up.

The good news is that there are things you can do to reset your CAR and make it more powerful and effective. Try the following simple science-backed strategies and you should notice an improvement in your morning energy levels within six weeks.

Leave work where it belongs: at work

When researchers at the University of Surrey in the U.K. looked at the behaviors of teachers, they found that those who obsessed over their classroom problems before going to sleep were

found to have a suppressed CAR the following morning. That's probably because when cortisol levels are consistently high at night, the body compensates by releasing less of the hormone at wake-up time, Dedovic says. "Spend an hour or two before bed doing relaxing activities that take your mind off work and other tense situations you may be dealing with," she recommends. First order of business: Quit checking your work email. And if exercise is your go-to stress buster, stick with relaxing workouts like yoga in the three hours before bedtime. Vigorous workouts bump up your cortisol level and therefore could disrupt your sleep, Dedovic says.

Make your mornings more important

People have a stronger CAR on workdays than on weekends, according

SCIENCE PROVES IT: HIT SNOOZE AND YOU LOSE

Those extra nine minutes of shut-eye the snooze button offers seem like heaven. But try to resist them. "The clock should be a form of classic conditioning: You hear the sound, you wake up and get out of bed," says David Brown, Ph.D., a sleep psychologist at Children's Medical Center in Dallas. "When you hit the snooze button, the alarm loses its power." And because this drags out the waking process, when you do finally get up you feel groggy.

To break yourself of the habit, use your smart-phone as your alarm clock for a few weeks; most let you turn off the snooze feature entirely. Set the alarm for different times each day, varying them by at least 15 minutes—7:00 a.m., then 6:45 a.m., then 7:15 a.m., for example. People who were awakened at an unexpected time each morning experienced a sharper spike in their cortisol levels, and thus were more alert, than those who rose at a planned exact time, according to research in the journal *Nature*. To get the same benefit without having to do the math, get an app like **Sleep Time** (free, Android and iOS). It wakes you up within a preset time range every day, instead of at a specific time, and also allows you to opt out of snooze mode.



POWER DOWN

Log out of work email at least 60 minutes before bed to give yourself ample time to unwind.

to research in the journal *Psychoneuroendocrinology*. Another study revealed that ballroom dancers experienced bigger boosts on the day of a major tournament. Why? When you know you have a busy day ahead, you start anticipating everything there is to do before you're even fully awake. And that increases your body's production of cortisol, leading to a more pronounced morning spike. To rev up your CAR every day, schedule a.m. activities that you can get excited about. Sign up for a challenging early workout class, go a few miles with a morning running buddy, or meet up with a friend for breakfast instead of your usual postwork drinks.

Another smart tactic to help you get out of bed: Make your mornings as easy and automatic as possible, advises Shalini Paruthi, M.D., a sleep doctor at Saint Louis University. Get a coffee machine with a timer so you can wake up to a fresh-brewed mug, place a cozy robe and slippers within arm's reach, and have an outfit for the day picked out and your purse packed and ready. The less work you have to do to get going, the more the likelihood that you won't keep snoozing.

Let in the light

Use a dawn-simulating alarm clock, which gradually brightens the room and eases your body out of sleep. Check

your phone and throw open the blinds. The more light you expose yourself to in the morning, the easier waking up will be, says Phil Gehrman, Ph.D., an assistant professor of psychiatry at the University of Pennsylvania School of Medicine. "When light hits your eyes, certain receptors send signals to an area of your brain known as the hypothalamus," he says. This almond-size spot affects your body's production of cortisol. Both early-morning rays and phone or tablet backlight give off similar bluish short-wavelength beams that boost cortisol levels while lowering the production of drowsiness-inducing melatonin. But many lightbulbs

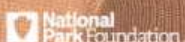
emit a yellow-tinged light that may not have the same impact on your CAR, so don't rely solely on switching on your bedside lamp.

Eat the right energizing foods

Berries, citrus, and certain teas are rich in flavonoids. These plant compounds have been shown to reduce excess cortisol during the day and, as a result, set you up for a bigger, more energizing boost the following morning, Talbott says. He suggests eating a half cup of berries and drinking two to four cups of brewed green, oolong, or black tea daily. Other good sources of flavonoids include red onions, black beans, and (happily) wine. ★

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Music that makes sex sexier

Putting on a playlist does more than just set the mood. It can also make sex feel extra amazing. Certain tunes trigger a physical rush called a skin orgasm, according to a recent review in the journal *Frontiers in Psychology*. When Adele or Beyoncé hits a high note, it stimulates your autonomic nervous system, which controls your heart rate, skin temperature, and sexual arousal. As a result, your heart races and shivers shoot down your spine. Listening to powerful tunes also causes the pleasure and reward centers of your brain to release the feel-good neurotransmitter dopamine, adding to the thrill. Cue up these sexy tracks to heat things up between the sheets:

"Set Fire to the Rain"
Adele

"Fallin'"
Alicia Keys

"I'll Make Love to You"
Boyz II Men

"She Will Be Loved"
Maroon 5

"Waiting for a Girl Like You"
Foreigner

"Meet Me in the Middle"
Jessie Ware

"Poison & Wine"
The Civil Wars

"Wicked Games"
The Weeknd

"Tonight (Best You Ever Had)"
John Legend, featuring Ludacris

"Be Without You"
Mary J. Blige

"Rocket"
Beyoncé

"Let's Get It On"
Marvin Gaye

"Slow Dancing in a Burning Room"
John Mayer

"Thinkin Bout You"
Frank Ocean



Q&A

"IS IT OK TO USE COCONUT OIL AS A LUBE?"

It's probably not the best choice. Coconut oil may lead to changes in vaginal pH that can boost your risk of health problems like yeast infections and bacterial vaginosis, an infection that causes burning discharge and a

strong odor, says Aviva Romm, M.D., an integrative medicine practitioner and the author of *Botanical Medicine for Women's Health*. Coconut oil can also degrade latex condoms, thereby making them less effective.

Instead of coconut oil, choose a store-bought lube that's made without petroleum, parabens, or glycerin, three ingredients that can irritate sensitive vaginal tissue. Dr. Romm's pick: Sustain Organic Lubricant (\$13, sustainnatural.com). In addition to being gentle and 95 percent organic, it contains lactic acid, which helps maintain your normal vaginal pH.

54%

Percentage of cultures in which people don't engage in romantic kissing. While this is not true of American culture, if make-out sessions with your partner have tapered off over time, start them up again now. A study at Oxford University found that people who frequently lock lips tend to be happier with their relationships. SOURCE: *American Anthropologist*



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5 tips to make your travels easier, healthier, and happier

Get from point A to point B with less stress and more pleasure.

By CARLY GRAF

BRING YOUR OWN GYM

You can barely squeeze sneakers into your suitcase, so another piece of bulky gear is out of the question. To the rescue: the new **Crossrope Burn set** (\$65, crossrope.com). The two weighted jump ropes (a four-ounce Agility cable for endurance and a one-pound Intensity cable for intervals) take up virtually no room, and you can use them anywhere, including rest-stop parking lots and your hotel room. Just seven minutes of jumping will torch 74 calories; keep it up for a half hour and you'll burn at least 318 calories, enough to justify an extra mug of spiked apple cider. Download the **Crossrope app** (free, iOS and Android) for workout ideas.



Pamper yourself on the plane

These beauty picks will have you arriving at your destination radiant and refreshed, even if you got stuck in the middle seat.

Bumble and Bumble Surf Infusion Spray Spritz this on at takeoff and wind your hair into a bun. The tropical oils and sea salt will give you beach-body waves by the time you land. (\$29, bumbleandbumble.com)

Olay Regenerist Luminous Overnight Mask Slather on this clear no-rinse gel and sit back as its hydrating vitamin B₃ and mulberry extract soak in, giving you brighter, more even skin. (\$26, olay.com)

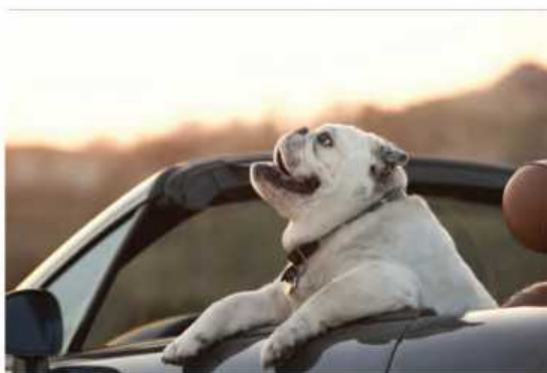
Iroha Regenerating Intensive Treatment Hand & Nail Gloves Slide on these vitamin E-infused gloves, leaf through a magazine for 20 minutes, then peel them off and rub in the excess formula for supersoft hands and nails. (\$9 for one pair, ulta.com)

Go Smile Double Action Teeth Whitening System Use the discreet applicator in this kit to rub the serum onto your teeth, wait 20 minutes, and—voilà!—a whiter, photo-ready smile for all your vacation pics. (\$89 for a six-day system, gosmile.com)



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Calm your pet while he jet-sets

Many animals get travel jitters or suffer from motion sickness, says Joe Kinnarney, the president of the American Veterinary Medical Association. To keep Mittens and Spot calm and comfortable on the go, have them spend some time in their carrier in the days leading up to the trip so they get used to it, and put a favorite toy or blanket inside to make them feel secure. Feed your pet about four hours before the flight or road trip (traveling on a full stomach can increase their chance of getting sick), then stick with treats and small sips of water at rest stops or as needed on flights, Kinnarney says. Take your dog on a long walk right before departure to help him burn off excess energy and avoid cabin fever. And because chewing is how pets bust stress, Kinnarney suggests giving your dog or cat a chew toy at take-off to help him chill out.

BOUNCE BACK WITH ONE MOVE

Spending hours in a cramped plane or car seat means you typically arrive at your destination feeling foggy, achy, and out of sorts. To rebound, Michele Olson, Ph.D., a *Shape* advisory board member and a professor of exercise science at Auburn University at Montgomery, suggests this whole-body move: Extend your arms out to the side, palms facing up, so they're parallel to the floor. Slowly circle your arms backward while marching in place, bringing your knees to waist height. This elongates your spine and boosts blood flow to your brain and muscles, relieving fatigue and stiffness. Three sets of 20 marches later, you'll be ready to hit the ground running.



Top: Getty Images. Bottom: Christopher Lane/theiicensingproject.com

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Holiday—proof your weight loss

You've worked too hard to let this season do you in. Here's how to navigate the festivities without gaining—or abstaining.

By COURTNEY RUBIN



*Indulge
without the
bulge.*

The first time I headed into the holidays at my goal weight, I began by prepping for the first biggie, Thanksgiving, as if it were an exam. Over the years, I'd read tips on how to handle the season without gaining, and I set out to try the best of them. I exercised an extra 10 minutes a day and decided in advance which foods I had to have and which I could skip.

I jumped out of bed at 6:00 on Thanksgiving morning to do a double workout—a Spinning class followed by Barry's Bootcamp—before hopping on the train to Washington, D.C., for the huge family dinner. I did eat breakfast and lunch, but they were lighter than usual, and by the time I arrived at my sister's, I was exhausted and starving.

After a glass of wine I told myself that I deserved a day off, and I went all in. One day became a weekend bender, during which I devoured seemingly everything I'd ever denied myself—sausage-and-cornbread stuffing, mashed potatoes, pumpkin pie, apple pie—reasoning that I had to eat them all then, because I'd be back on maintenance rations by Monday.

I started the December party season with my skinny jeans already too tight, the button digging into my stomach. I was a little scared that I was going to gain all the weight back—I couldn't even bring myself to step on the scale—and also angry and frustrated. Hadn't more than a year of losing weight taught me anything? Well, yes—that I still had plenty to learn. →



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Celebrate and stay slim

If you've lost a lot of weight, chances are the holidays are when you're torn between two extremes: being insanely strict so as not to ruin all your hard work, or super lax because, hey, you've been quite literally working your ass off. But as I now know, you can enjoy the festivities without feeling like a martyr or a sinner and still fit into your clothes. These eight strategies will help you do it.

1/ Keep things in perspective.

Despite all the dire articles you've read about how the typical Thanksgiving meal is 7,000 calories and that you'll gain seven to 10 pounds over the holidays, the average weight gain is actually just one pound, according to a study published in the *New England Journal of Medicine*.

2/ Stop being so absurdly strict with yourself.

So says Cynthia Bulik, Ph.D., a distinguished professor of eating disorders at the University of North Carolina at Chapel Hill. All-or-nothing thinking (exactly what I did, basically) "leads to out-of-control behavior," she says. "Clamping down triggers binge eating because biologically, your body is hungry, and psychologically, you rebel against feeling deprived when everyone around you is enjoying all the goodies."

Instead, remember that a holiday dinner is just one meal and you can return to your typical eating pattern the next day. My personal strategy is to ignore the advice that says to fill up on the lean meats and vegetables—why waste calories on the stuff I can have every day?—and eat exactly what I please, even if it's not a healthy plate I'd want to Instagram. I feel satisfied afterward instead of resentful. And frankly, eating a

lot of heavy food makes me ready to get back to lean protein and vegetables the next day anyway.

3/ Get dressed every morning in something that has a waistband.

That way you'll think about what you're eating. "The only time I wear pants with an elastic waist is if I'm exercising," says Diane Carbonell, a blogger who lost 150 pounds. "Jeans or a dress with a fitted waist will remind you that this is where you are now. You want to still fit into those clothes come January."

4/ Save your calories for the homemade stuff that you don't often get.

About 10 percent of the calories that people consume on Thanksgiving Day are from nonspecial things like chips and salsa, according to research by Brian Wansink, Ph.D., a professor of consumer behavior and nutritional science at Cornell University and the author of *Slim by Design*. "Nobody will take offense if you don't eat their snack foods," Wansink points out.

5/ Ask for seconds.

If you're worried that your relatives will be upset if you don't have a heaping plate at the dinner table, just compliment your host on the meal and then serve yourself a little more. Another of Wansink's studies found that hosts don't remember how much you ate, only whether the food was praised and whether you went back for seconds. And yes, it really is OK to have seconds. "Aunt Grace won't realize that you had only a tablespoonful for your first serving," Wansink says. (By the way, this works even if your first serving wasn't teeny-tiny. We don't judge.)

6/ Chew very slowly.

You've heard that it takes 20 minutes for your brain to register that your stomach is full. But what may

Instead of wasting calories on foods you can have anytime, focus on the good stuff, like pumpkin pie.

be even more important is how much time the food spends in your mouth, says Kathleen Melanson, an associate professor of nutrition at the University of Rhode Island. The reason: Researchers have discovered that nerves in the jaw lead to neural pathways that activate sensory receptors in the brain. "Keeping food in your mouth longer increases a sense of satisfaction in your brain as well as your stomach," Melanson explains. The specific amount of time you should aim for may vary from one food to another (there's no research on that yet); regardless, Melanson recommends thoroughly chewing and swallowing each bite of food and then pausing for a moment before you reach for the next one.

That means if someone asks you a question right as you put mashed potatoes in your mouth, you should hold up your

hand and continue chewing in order to get what Melanson calls oral sensory exposure. "There are more satiety hormones that we know of in the human body than hunger hormones," she says. "They're in your brain, gut, and fat tissue. By slowing down the eating process, you give them time to work together to help you feel full and satisfied."

7/ Turn your back on temptation.

If you stand facing the dessert table, you're constantly forcing yourself to decide whether you want more. You're also likelier to give in to the urge and have a few more sugar cookies. "Everyone in your line of sight is going back to the table and taking another piece of pie, so you start to feel deprived if you don't," Wansink explains.

8/ Act like the thin person you now are.

If you ate too much at one party, don't freak out. Just try to rein yourself in at the next one. Focus on how you want to feel at the end of the evening (that is, not stuffed). Whatever you do, don't beat yourself up for what you've eaten that day. "One bad day isn't going to send you back to your starting weight. It's six weeks of bad days that you've got to worry about," Carbonell says.

Here's to enjoying the season—and not needing to lose any weight again in 2016. ★

Healthy and beautiful hair

Advertisement



I panicked – my hair was falling out!

Like every woman, I want thick and full hair. But about six months ago I noticed my hair starting to fall out. I would find hairs in the shower and lots on my brush. I was very concerned so I went to my pharmacy to ask for advice.

THE SECRET TO BEAUTIFUL HAIR

The pharmacist directed me to Hair Volume, a well-known hair tablet from Sweden. The tablets which are based on an apple extract, contain vitamins to help re-

store and maintain a healthy nutritional balance in the hair follicles. I was told that temporary hair loss due to lack of nutrients or changes in lifestyle is very common. I was a bit skeptical but wanted to give it a try.

IT WORKED FOR ME

Now I have been using Hair Volume for 3 months. My hair has normalized and I do not suffer from hair loss. I am really happy about this and strongly recommend this product."

Laura, New York

YOUR HAIR TABLET

Hair Volume™ is a Swedish best-selling supplement which contains apple extract with a naturally derived ingredient called procyanidin B2. One tablet a day is all you need as part of your daily beauty routine.



Available at participating retailers and online. ☎ 1-877-696-6734



ONLINE SHOP
newnordicus.com



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Testimonials are not proof of efficacy. Results may vary.

Ellie

WE
LOVE
HER
LIKE
WE DO!

By CLAIRE CONNORS
Photographs by NINO MUÑOZ
Styling by AUDREY SLATER

AND HERE'S WHY THE POP STAR STEALS OUR HEARTS
SHE GOES FOR HARD WORKOUTS AND LOOKING
FIT BUT WON'T TOLERATE BEING CALLED SKINNY.
FOR **ELLIE GOULDING**, THE GOOD LIFE IS ALL ABOUT
BEING STRONG, HAVING GRIT, AND KNOWING
HOW TO SHOW SOME SWAGGER.

ELLIE'S STYLE

Mink Pink crop top
(\$69, bloomingdales.com).
The Kooples Sport jumpsuit
(\$245, thekooples.us).



**THE
SONGS
ELLIE
WORKS
OUT TO**

"Cheerleader"
OMI

"What Do You Mean?"
Justin Bieber

"Come on Over"
Royal Blood

"Love Me Again"
John Newman

"Grand Antenna"
Fuse ODG, featuring
Wyclef Jean

"Bring the Noize"
M.I.A.

ELLIE'S STYLE

Alpha Industries jacket
(\$135, alphaindustries.com).
Nike sports bra (\$30, nike.com).
American Apparel leggings
(\$42, americanapparel.net).

E

Ellie Goulding's hit songs, "Love Me Like You Do" and "Burn," are tunes that your body instantly responds to. They're the kind of tracks that get you grooving and moving before you realize what's happening—which makes a ton of sense when you learn that the 28-year-old singer, who just released a CD called *Delirium*, is a workout fanatic. In fact, she is so passionate about exercise that she is a brand ambassador for Nike and even designed a workout for the Nike+ Training Club app that incorporates her favorite full-body techniques. "My goal always is to get stronger," says Ellie, who has run five half-marathons. "I want to be strong and ready for anything." To get there, this non-diva has life philosophies that she stands by. Listen in—Ellie explains the four rules that rock her body and her world.

YOU HAVE TO HIIT IT HARD

"I feel so exhilarated after working out. That's what gets me motivated and makes me drag myself out of bed. When I'm not on the road, my trainer comes to my house a few times a week and we go for a run outdoors and then do weight training. Or I go to his Barry's Bootcamp class. I like it because you spend half the session running and half doing weight and floor work. It's really good for endurance, and it keeps me superfocused. I also take another class that's 45 minutes of HIIT training, which is by far the hardest thing I've ever done. I come out of there feeling like something big just happened to my body, and I'm completely drained. Of all the workouts I've tried, this one has been the best for me."

THINK STRONG, NOT SKINNY

"If getting stronger means getting more toned and slimmer, so be it, as long as strength comes with it. I'm happy with my figure. I never intended or tried to be skinny. It's just not my thing."

OWN YOUR VICES

"I'm not ashamed to talk about my past. I smoked for a long time. I still drink alcohol. I believe you have to find balance. We're expected to stay fit and eat healthy all the time, but that's just never going to happen. We all have to deal with stress. Sometimes at the end of the day, I want to have a drink, and I'm not ashamed of that."

EAT LIKE A CHAMP... BUT NOT ALWAYS

"I call myself an aspiring vegan. It's challenging, but not impossible. You just have to eat or drink a lot of greens. I make green juice for myself almost every day. I put in things like bananas, avocado, spinach, broccoli—whatever's in my fridge, really. Sweet-potato fries and salad are my absolute favorites. They make the perfect meal. I eat a lot of quinoa and nuts, too, but I also love eating chips. It's actually easy to be a bad vegan because a lot of junk foods are vegan!"

SPEED ROUND with ELLIE

Working out with your trainer or taking a class? "My trainer, because he makes me work harder."

Leggings or shorts?

"Shorts, unless it's winter."

Heels or sneakers?

"Sneakers. I hate heels with a passion. I wear them only if I have to."

Makeup or no makeup at the gym?

"Depends on if I went to sleep with my makeup on or not!"

Champagne or dessert?

"Champagne, of course."

Scale or how your clothes fit?

"Clothes! I never even get on a scale. I'd be too worried to see the number, to be honest."

"My goal always is to get stronger."



BY JACLYN EMERICK • PHOTOGRAPHS BY WARWICK SAINT

BURN MORE,





This transforming workout torches calories, builds lean muscle, and unwinds your mind so thoroughly, you forget about everything else.

STRESS LESS

FIT FASHION

This page: **Lululemon sports bra** (\$58, lululemon.com). **Nike capri leggings** (\$90, nike.com). Opposite page: **Fabletics long-sleeved tee** (\$45, fabletics.com). **Nike shorts** (\$28, nike.com). **Innov-8 sneakers** (\$100, similar styles at zappos.com).



“You have to continually challenge yourself to do one more rep until a buzzer sounds,” says Jesse Jones, Basecamp’s program director. Crushing your goal becomes the only task that occupies your mind.

You made it to the gym. Great! But now, a little real talk: no zoning out. Just going **through the motions during a workout** could mean you’re cheating both your body and your brain out of the benefits of a good sweat—exactly the detox you need in a manic month. Yet, get your head into your sets and reps—and out of **your daily to-dos—and suddenly we’re** talking about a true mental cleanse that allows you to really push it and rev your burn, spike your fitness, and budge your muscles to the next level of sculptitude.

“When you’re preoccupied with things like ‘Did I answer my boss’s email?’ or ‘I need to remember to buy that gift,’ your energy starts to diminish as the stresses of life creep in and eventually take over your workout,” says Jesse Jones, the program director for Basecamp Fitness in Santa Monica and other California locations. You may have experienced this mental drift during a long run, a solo



FIT FASHION

Opposite page:
Adidas by
Stella McCartney
sports bra
(\$55, adidas.com).
2XU capri leggings
(\$100, 2xu.com).

Hair by Bradley Irion/ABTP.com for Oribe; makeup by Brian Duprey/Judy Casey Inc. for Nars Cosmetics

weight-machine circuit, or whenever you hit a steady rhythm.

But divvy your workout into bits in which the intensity is turned up—way up—and you can't be bothered with anything except "How many seconds do I have left to reach my reps target?" That's the laser focus you want to have, because it makes the changes happen, Jones explains. When you're forced to think only about the task at hand, it allows you to fully harness every ounce of calorie-burning and muscle-carving power you've got to accomplish it.

At Basecamp, Jones and program manager Ian Armond developed a rapid-fire total-body routine, dubbed the Threshold workout, that is guaranteed to get you into the head-clearing zone. Jones and Armond take their members through it once a month to track their progress. It goes like this: Work at your absolute max during

a one-minute strength move, then catch your breath for one minute with some low-intensity cardio. (For the recovery minutes, Basecamp uses the stationary Assault Air Bike—which has a fan that generates more wind resistance the faster you pedal—but any steady cardio will do.) With every interval, your mission is to rack up the most reps possible.

Chasing those one-minute goals is the trick that keeps your intensity through the roof and your mind in the game. You set a benchmark; you try to beat it the next session. Repeat. "It also lets you measure your progress by indicators, like endurance and strength, that go beyond a flatter belly or a tighter butt, which can sometimes take longer to see," Jones says. "And having concrete proof that you're improving each week helps motivate you to keep at it."

Jones and Armond have boiled the Threshold down to a fast and furious

20 minutes just for *Shape* readers. But rather than save it for once a month, you can do this more compact workout once a week. And even that small commitment will make a big difference. For starters, there's the monster fat burn—more than eight calories per minute—both during and following the workout. "You'll continue expending calories at a higher rate for hours after you finish," Armond says. Plus, you'll fire up every major muscle for a concentrated dose of firming.

Just one rule: Give it all you've got during each strength move. That means pushing hard for the entire minute, gunning to beat your previous score. "Even if it's just by one more rep than you did last week, you're going to experience a mental rush," Armond says. "You'll also notice that every time you do this workout, the movements start to feel easier and smoother." That's a sign that you're getting leaner, stronger—and in the zone. ➔

“This workout keeps you accountable and motivated,” says Ian Armond, Basecamp’s program manager. “If you’ve been slacking off all week, you’ll know when you aren’t able to hit your goal. But if you’ve been putting in the work, your score will skyrocket, and when you see that, you can celebrate your progress.”



FIT FASHION

SoLow sports bra
(\$70, solowstyle.com).
Alala cropped leggings
(\$105, bandier.com).

“We settled on one-minute intervals because that’s about the time when your muscles start to say, ‘OK—we’re done now,’” Jones says. “When you push past one minute, individual muscle groups get tired, and it usually leads to a breakdown in form.”





←A/B

1 SQUAT ONE-TWO PUNCH

WORKS SHOULDERS, TRICEPS, BICEPS, BUTT, QUADS, HAMSTRINGS

Stand with feet staggered, right foot forward, and hands in fists by chin. Squat to start [A]. Stand, then quick-snap a punch with right hand straight forward, rotating fist palm down at shoulder height. Then quickly punch left hand across body, pivoting on left foot to turn hips forward slightly, rotating fist palm-down at shoulder height of right arm [B]. That's 1 rep. Return to start position and continue quickly for 30 seconds. Switch sides; repeat.



SCAN TO SHOP THE LOOKS AND LEARN THE MOVES! DOWNLOAD THE FREE LOVE MY SHAPE APP AND SCAN THE PAGE.

A/B→

2 CRISSCROSS SQUAT

WORKS ABS, BUTT, QUADS, HAMSTRINGS, INNER THIGHS

Stand with feet hip-width apart and arms by sides. Jump, crossing right leg in front of left [A], landing in that position for a brief second, then jumping to uncross legs and landing in a squat [B]. That's 1 rep. Without pausing, switch sides; repeat. Continue quickly alternating sides for 1 minute.



↑A←B

3 T PUSH-UP

WORKS SHOULDERS, CHEST, TRICEPS, ABS, OBLIQUES, BUTT

Start on floor in plank on palms. Bend elbows back 45 degrees to lower body until chest grazes floor [A]. Then push up, rotating to right to come into a side plank on left palm, extending right arm straight up from shoulder and stacking feet [B]. That's 1 rep. Switch sides; repeat. Continue quickly alternating sides for 1 minute.



YOUR WORKOUT

Warm up for five to 10 minutes by doing dynamic stretches—lunges with rotation, and arm and leg swings—to loosen and activate muscles. Then start a one-minute timer and do as many reps of the first move as you can in that time. Record your score when done (jot it on paper, plug it into your phone) and start the timer again for one minute of active recovery: Jog in place, jump rope, or ride a stationary bike. Repeat this process until you have completed all 10 moves. Finish with a five- to 10-minute cool-down of static stretching. Save your score and retest yourself with this same process one week later to see how much you've improved.

You'll need

Either a stopwatch or a timekeeping app



↑A↗B

4 SIDE LUNGE TO TUCK JUMP

WORKS ABS, BUTT, QUADS, HAMSTRINGS, OUTER THIGHS, INNER THIGHS

Stand with feet hip-width apart and arms by sides. Turn toward right and step right leg forward, pivoting on left foot, to come into a long lunge with right knee bent and left leg straight and bent left arm forward and bent right arm back [A]. Push off right foot to return to start position and quickly jump as high as you can, tucking knees into chest [B]. Land softly. That's 1 rep. Switch sides; repeat. Continue quickly alternating sides for 1 minute.



5 LATERAL HOP

WORKS ABS, OBLIQUES, BUTT, QUADS

Stand with feet together, knees soft, hands in fists with elbows bent at sides to start. Explosively hop to the left as if you were jumping over a small object (you could place something like a water bottle or a towel here to ensure that you get some height) [shown], landing on balls of feet. That's 1 rep. Switch sides; repeat. Continue quickly alternating sides for 1 minute.

“This workout is such a small portion of your day, you can afford to detach from your responsibilities and recharge,” Armond says.



6 PLANK JACK

WORKS SHOULDERS, CHEST, ABS, BUTT

Start on floor in plank on palms with feet together. Without moving upper body or raising hips, hop feet wide [shown]. Hop feet back to start position. That's 1 rep. Continue quickly for 1 minute.



7 LUNGE KICK

WORKS ABS, BUTT, QUADS, HAMSTRINGS

Stand with feet hip-width apart and arms by sides. Step right leg back into a reverse lunge, bending both legs 90 degrees, bent right arm forward and bent left arm back to start [A]. Push through left foot to stand on left leg, kicking right leg in front of you and driving left arm forward and right arm back [B]. That's 1 rep. Return to start position and continue for 30 seconds. Switch sides; repeat.



10 UP-DOWN

WORKS SHOULDERS, CHEST, ABS, BUTT, QUADS, HAMSTRINGS, CALVES

Start on floor in plank on palms. Jump feet toward hands [shown]. Immediately jump feet back to start position. That's 1 rep. Continue quickly for 1 minute.



FIT FASHION

Above: **Lululemon tank top** (\$48, lululemon.com). **Tonique shorts** (\$62, toniquefitness.com).

This page and opposite page: **Lucas Hugh sports bra** (\$80, lucashugh.com). **Lorna Jane leggings** (\$100, similar styles at lornajane.com).

8 V-UP

WORKS ABS

Lie faceup on floor with legs long and arms extended overhead to start. Curl head, neck, and shoulders up as you reach arms and legs up to meet, balancing on tailbone so body forms a V shape [shown]. Simultaneously lower arms and legs back to start position. That's 1 rep. Continue quickly for 1 minute.

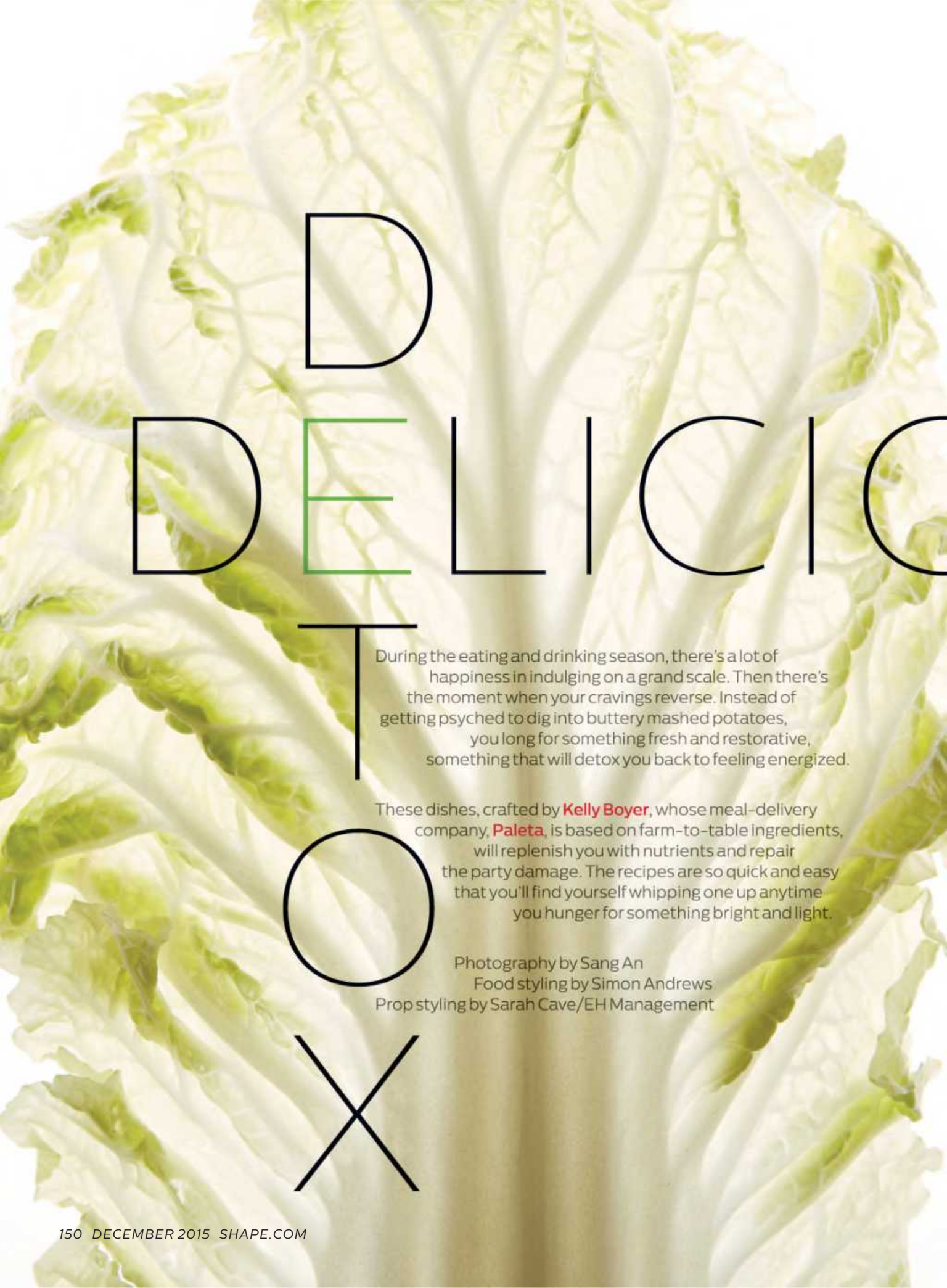


9 SQUAT HOLD

WORKS ABS, BUTT, QUADS, HAMSTRINGS

Stand with feet hip-width apart and arms by sides. Squat and extend arms straight out at shoulder height [shown]. Record the number of seconds you can hold position with excellent form (hip crease below parallel, knees pushed outward, chest lifted). Once you can go the full minute, do this exercise with arms overhead for more of a challenge.





D DELICIOUS

T During the eating and drinking season, there's a lot of happiness in indulging on a grand scale. Then there's the moment when your cravings reverse. Instead of getting psyched to dig into buttery mashed potatoes, you long for something fresh and restorative, something that will detox you back to feeling energized.

O These dishes, crafted by **Kelly Boyer**, whose meal-delivery company, **Paleta**, is based on farm-to-table ingredients, will replenish you with nutrients and repair the party damage. The recipes are so quick and easy that you'll find yourself whipping one up anytime you hunger for something bright and light.

Photography by Sang An
Food styling by Simon Andrews
Prop styling by Sarah Cave/EH Management

X

DOUS

**Orange Salmon
With Jeweled
Citrus Quinoa**

x

PERK UP YOUR SKIN

*The omega-3 fatty acids
in the salmon and the
vitamin C in the oranges
fight the effects of
holiday stress to help
make your complexion
smooth and radiant.*





Cleansing Sesame Slaw

Serves: 4

Active time: 5 minutes

Total time: 5 minutes

- 2 cups red or Napa cabbage, or a mix of both, cut into ¼-inch strips
- 1 cup radicchio, cut into ¼-inch strips
- 1 cup packaged broccoli-carrot slaw
- 3 red, orange, and yellow bell peppers, cut into ¼-inch strips
- 4 scallions, green parts only, diagonally sliced
- 1 tablespoon finely chopped cilantro
- ¼ cup golden raisins or goji berries
- 2 tablespoons sliced pickled ginger (optional)
- 2 tablespoons chopped or crushed peanuts
- 2 tablespoons sesame seeds
- 3 tablespoons toasted sesame oil
- 1 tablespoon reduced-sodium tamari or coconut aminos (a seasoning sauce made from coconuts)
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 1 teaspoon chile paste, like sambal oelek
- Freshly ground black pepper

**BOOST
YOUR IMMUNITY**
Way too many late nights leave you vulnerable to colds and flu. The cabbage, broccoli, and ginger in this slaw power your germ-fighting abilities.

(Shown on previous page)

Orange Salmon With Jeweled Citrus Quinoa

Serves: 4

Active time: 15 minutes

Total time: 25 minutes

- 1 cup quinoa
- 1½ cups water
- 1 teaspoon olive oil
- 2 medium oranges
- 4 4-ounce salmon fillets
- Coarse kosher salt
- Freshly ground black pepper
- 3 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 teaspoon minced garlic

- 3 tablespoons finely chopped basil
- 1 tablespoon finely chopped parsley
- 1 teaspoon finely chopped jalapeño
- 1 tablespoon finely chopped dried dates
- 3 tablespoons slivered almonds

- 1** Preheat the oven to 375°. In a small saucepan over medium-high heat, combine quinoa, water, and olive oil; bring to a boil and then reduce to a simmer. Cook until liquid is completely absorbed, about 8 minutes. Remove saucepan from heat and set aside.
- 2** While quinoa cooks, zest one orange into a small bowl; set aside. Peel and segment orange; set aside segments and discard peel.

3 Season salmon fillets on both sides with salt and pepper. Zest and juice remaining orange into another small bowl; add honey, mustard, and garlic and stir together. Coat salmon with the glaze and arrange pieces skin side down on a sheet pan. Bake until crispy on the outside, about 10 minutes.

4 Fluff cooked quinoa with a fork. Add reserved orange zest and segments, basil, parsley, jalapeño, dates, and almonds to quinoa and season with salt and pepper to taste; toss to combine.

5 Divide the quinoa mixture among four plates and top each with a salmon fillet.

Nutrition score per serving: 446 calories, 14 g fat (1.8 g saturated), 52 g carbs, 30 g protein, 6 g fiber, 212 mg sodium

1 In a large bowl, toss together cabbage, radicchio, broccoli-carrot slaw, peppers, scallions, cilantro, raisins, ginger if using, peanuts, and sesame seeds.

2 In a small bowl, whisk together sesame oil, tamari, honey, rice vinegar, chile paste, and black pepper to taste.

3 Add dressing to slaw and toss gently to combine.

Nutrition score per serving: 252 calories, 15 g fat (2.2 g saturated), 29 g carbs, 4 g protein, 5 g fiber, 140 mg sodium



**+
FIGHT
FATIGUE**
*The protein,
iron, and
B₁₂ in the beef
will rev you
up when you're
exhausted.*

Steak With Mediterranean Brussels Sprouts

Serves: 4

Active time: 15 minutes

Total time: 1 hour 35 minutes
(including 1 hour marinating)

1 pound grass-fed flank steak,
trimmed

Coarse kosher salt

Freshly ground black pepper

½ cup balsamic vinegar

¼ cup olive oil

1 tablespoon Dijon mustard

8 rosemary sprigs

11 garlic cloves

1½ pounds brussels sprouts,
trimmed and halved

¼ cup Kalamata olives, pitted

2 tablespoons oil-packed
sun-dried tomatoes, minced

½ teaspoon crushed red
pepper flakes

2 tablespoons pine nuts

1 Preheat the oven to 400°. Season steak on both sides with salt and pepper. In a small bowl,

whisk together ¼ cup balsamic vinegar, 2 tablespoons olive oil, and mustard. To a ziplock bag, add steak, marinade, 4 rosemary sprigs, and 3 garlic cloves, smashed, and toss gently to coat. Refrigerate for at least 1 hour.

2 In a medium bowl, toss together brussels sprouts, olives, sun-dried tomatoes, remaining 4 rosemary sprigs, remaining ¼ cup balsamic vinegar, remaining 8 garlic cloves, remaining 2 tablespoons olive oil, red pepper flakes, and salt and pepper to taste. Place mixture on a sheet pan and roast until caramelized, 10 to 15 minutes. Sprinkle

with pine nuts 1 minute before brussels sprouts are finished.

3 To cook steak, preheat a grill to medium high or set a grill pan over medium-high heat. Remove steak from marinade, letting excess drip off, and grill until barely charred and the inside is still pink, about 4 to 5 minutes per side. Let rest for 10 minutes, then slice across the grain into 1-inch strips. Serve with roasted brussels sprouts.

Nutrition score per serving: 405 calories, 21 g fat (4.1 g saturated), 24 g carbs, 32 g protein, 8 g fiber, 474 mg sodium

Healthy Herb and Fresh Veggie Frittata

Serves: 4

Active time: 10 minutes

Total time: 30 minutes

- 1 cup seasonal mushrooms, such as button, cremini, and chanterelle, chopped
- ½ cup sliced leeks
- 1 cup broccoli florets, roughly chopped
- 1 tablespoon plus a splash olive oil
- Coarse kosher salt
- Freshly ground black pepper
- 8 large eggs
- ½ cup canned artichoke hearts, roughly chopped
- 1 tablespoon finely chopped tarragon
- 2 teaspoons finely chopped parsley
- ¼ cup grated Parmesan
- 1 cup grape tomatoes
- Microgreens or sprouts

1 Preheat the oven to 400°. In an ovenproof skillet or a baking dish, toss together mushrooms, leeks, broccoli, 1 tablespoon olive oil, and salt and pepper to taste. Transfer pan to oven and bake until vegetables are just done, about 10 minutes.

2 Meanwhile, in a medium bowl, beat eggs and set aside. Remove pan from oven, reduce heat to 325°, and sprinkle vegetables with artichokes, tarragon, parsley, and Parmesan. Pour eggs on top and return to oven. After eggs begin to set, about 2 minutes, remove pan, add grape tomatoes, and return to oven. Bake until eggs are cooked through, about 8 to 10 minutes, and remove from oven.

3 Toss microgreens with a splash of olive oil, salt, and pepper. Top frittata with dressed greens.

Nutrition score per serving: 260 calories, 17 g fat (4.6 g saturated), 10 g carbs, 17 g protein, 2 g fiber, 737 mg sodium



REENERGIZE AFTER A ROUGH NIGHT

Alcohol depletes your B vitamins, but the eggs help replenish them. The vegetables are rich in many nutrients your body needs to recover.



BEAT THE BLOAT

Fiber in the apple helps flush out your digestive system, while a compound in the beets helps boost your liver's natural detox process.

Harvest Beet and Baby Spinach Salad

Serves: 4

Active time: 10 minutes

Total time: 1 hour 20 minutes

2 pounds baby or regular beets, in a variety of colors

$\frac{1}{3}$ cup plus 1 tablespoon olive oil
Coarse kosher salt

Freshly ground black pepper

4 thyme sprigs, plus 1 teaspoon thyme leaves

$\frac{1}{4}$ cup apple cider vinegar

2 teaspoons Dijon mustard

1 teaspoon maple syrup

1 teaspoon prepared horseradish

$\frac{1}{2}$ teaspoon fennel seeds

6 cups baby spinach

1 large red apple, cored and cut into $\frac{1}{2}$ -inch wedges

$\frac{1}{4}$ cup pomegranate seeds

$\frac{1}{4}$ cup raw or toasted shelled pistachios

1 Preheat the oven to 400°. Place beets on a large piece of aluminum foil, coat with 1 tablespoon olive oil, and season with salt and pepper to taste. Add thyme sprigs and fold foil to make a sealed packet; bake until beets are fork-tender (about

30 minutes for baby beets, 1 hour 15 minutes for medium to large beets). Remove beets from oven, let cool, and peel. Halve baby beets or cut larger ones into $\frac{1}{2}$ -inch wedges.

2 In a small bowl, whisk together vinegar and mustard. Continuing to whisk, slowly stream in remaining $\frac{1}{3}$ cup olive oil and then maple syrup and add thyme leaves, horseradish, and fennel seeds. Season dressing with salt and pepper to taste.

3 In a large bowl, toss beets, spinach, and apples with dressing. Add pomegranate seeds and pistachios and toss again to combine.

Nutrition score per serving: 398 calories, 25 g fat (3.5 g saturated), 39 g carbs, 8 g protein, 11 g fiber, 377 mg sodium

go for Gold

Strength, power,
luxury—that's what
this color conveys.
Add precious metal
to your look and you'll
shine this season.

By Kate Sandoval Box

Photographs by Arthur Belebeau

Hair by Rodney Groves

Makeup by Brian Duprey





GOLD FINGERS

Put some metal in your manicure to make it night-out worthy. But know this:

"The sheen can accentuate the ridges in your nails and show every little brush-stroke," says Madeline Poole, the Sally Hansen global color ambassador.

"Use a fine buffer to create a smooth surface. *Then* apply polish in as few strokes as possible." Paint a cool-toned gold, like **Sally Hansen Miracle Gel in Game of Chromes** (\$10, drugstores), on short oval-shaped tips.

STYLE SCORE

Norma Kamali
swimsuit

(\$150, similar styles at normakamali.com).

STYLE SCORE

Mi Ola rashguard
(\$120, mi-ola.com).

24k FACE

The shade works on your eyes, cheeks, even lips. “Gold is one of those colors that’s hard to overdo,” says Brian Duprey, a makeup artist in New York City, who applied a different tone to each feature. “More gold just looks more glam.” Your new gilt group: a shimmering antique-gold shadow for your lids (like **MAC Cosmetics Eye Shadow in Amber Lights**, \$16, maccosmetics.com), a bronzy-gold highlighter for your cheekbones (like **Bobbi Brown Face Highlighter in Sunlight Bronze**, \$35, bobbibrowncosmetics.com), and a sheer, creamy gold gloss for your lips (like **Dolce & Gabbana Sheer Shine Gloss in Pearl Shine**, \$32, saks.com). “You’ll also need some dark makeup to counteract all that gleam,” Duprey says. A black eyeliner pencil (wiggle it between lashes to keep the effect subtle) and a swipe of black thickening mascara on your top and bottom lashes add edge.

Hair by Rodney Groves/Roy Brown Pro for Orthe
Haircare; makeup by Brian Duprey/Judy Casey Inc.
for Marc Cosmetics; manicure by
Sandra Hopp/Jump Management for Chanel

GOLDY LOCKS

Amp up your hair color with a gold-flecked pomade (try **Oribe Gold Pomade**, \$49, oribe.com).

"It adds warmth to blondes and redheads and a subtle shimmer to black hair," says hairstylist Ronnie Stam, the creative director for Oribe Hair Care. Mix a fingertip scoop with a little hair oil, then use a fan-shaped makeup brush to apply it to damp hair. Blow-dry or slick back with gel and air-dry. To ratchet up the effect further, brush on more of the gold mixture.



SPOTLIT LEGS

Get the hang of using a shimmery body powder and the luxe effect will put your skin in the most flattering light. Before applying it, you'll want to prep. "Chances are your skin is on the dry side right now, and rough patches act like makeup magnets," Duprey says. Slather body lotion all over your legs, wait for it to soak in, and then spray on your powder (one with an atomizer, like **The Body Shop The Sparkler in Gold Shimmer**, \$24, thebodyshop-usa.com, makes it easy). Run a fluffy brush along your legs in long, fluid strokes to blend evenly.

STYLE SCORE

American Apparel crop top
(\$35, americanapparel.com).
Yandy bikini bottom
(\$21, yandy.com).



STYLE SCORE

Mi Ola bikini top
(\$95, mi-ola.com).

GLIMMERY DÉCOLLETAGE

When it comes to your chest, you want a gild that's more golden glow than Olympic medal. "You'll get that with a light-reflecting body moisturizer," Duprey says.

"Look for one that has tiny gold particles and is nonoily, so it won't stain your clothes."

We like **Jane Iredale Golden Shimmer Face and Body Lotion** (\$32, janelredale.com).

To make sure you apply it in the right spots, get dressed first. Then, with your fingers, blend a nickel-size drop from the center of your chest up to and across your clavicles and along the curves in an M shape, Duprey suggests. "Blot with a tissue to soften the sparkle if needed."

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WHAT RATE OF PERCEIVED EXERTION (RPE) MEANS

RPE is used to gauge your intensity in cardio workouts. Here is what the numbers in our fitness stories indicate.

RPE

- 1, 2** Very easy; you can converse with no effort.
- 3** Easy; you can converse with almost no effort.
- 4** Moderately easy; you can converse comfortably with little effort.
- 5** Moderate; conversation requires some effort.
- 6** Moderately difficult; conversation requires quite a bit of effort.
- 7** Difficult; conversation requires a lot of effort.
- 8** Very difficult; conversation requires maximum effort.
- 9, 10** Peak effort; no-talking zone.

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Pro skier and model **Sierra** Quitiquit lives by her own rules

By SARA ANGLE



As a skier/model/surfer/skater/social media phenom, Sierra Quitiquit, 26, is getting big buzz yet defies an easy ID. Sometimes she's skiing in Chile; other times, she's walking the fashion runway in New York. We pinned her down for some Q & A as her aptly titled documentary, *How Did I Get Here*, is set to debut on iTunes and Netflix this month.

Fitness philosophy?

I believe in "playing" instead of training. In-line skating is my new go-to (I love Rollerblade's Twister 80s).

What's your workout?

Most days, I pop off the bed for core exercises and then do yoga. If it's winter, I'm skiing five days a week. Otherwise I'm in-line skating, skateboarding, or surfing.

Spandex or sweats?

Spandex—it shows off curves.

Glam or grunge?

Grunge is my glam.

Why the jump from downhill to down the runway?

My mom talked me into trying out for *America's Next Top Model*. I figured, hey, if I could do that, maybe I had a shot at modeling professionally.

Which is the tougher gig?

They're both a performance. As a model, I'm 30 pounds heavier than others out there, but I'm a strong woman, and I love creating an ideal of beauty around that.

Eat in or take out?

Well, my home is an eco-friendly van that I tricked out with a bamboo interior and solar power, so I get takeout to eat in. Still, I eat clean, organic, and gluten-free.

Salty or sweet?

Sweet—and fatty! I love avocado chocolate mousse.

How about your biggest guilty pleasures in life?

Sleep. And Instagram.

And your beauty routine?

I keep it natural—a little blush, a brow pencil, nude eye shadow, and mascara.

Blowout or wind in your hair?

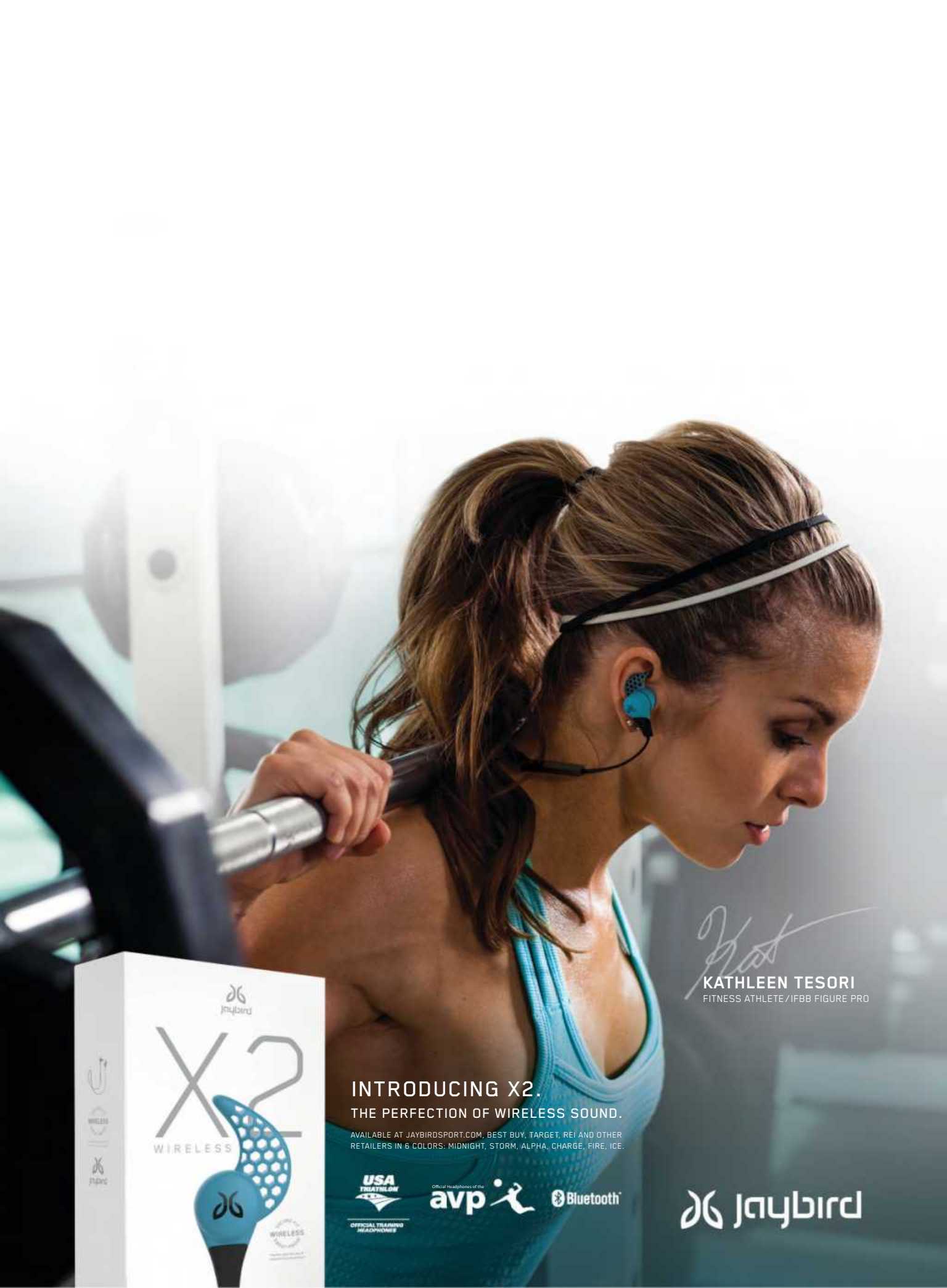
No better treatment than the ocean. The sea salt and sunshine add volume and give me gorgeous highlights.

Dream job or off the grid?

Both! An off-the-grid dream job. I like doing things on my own terms, not buying into this cookie-cutter lifestyle that we've been sold.

What's your mantra?

Gratitude. Having held every odd job from cook to cleaning lady, I know the value of hard work, and that's a beautiful thing. ★



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